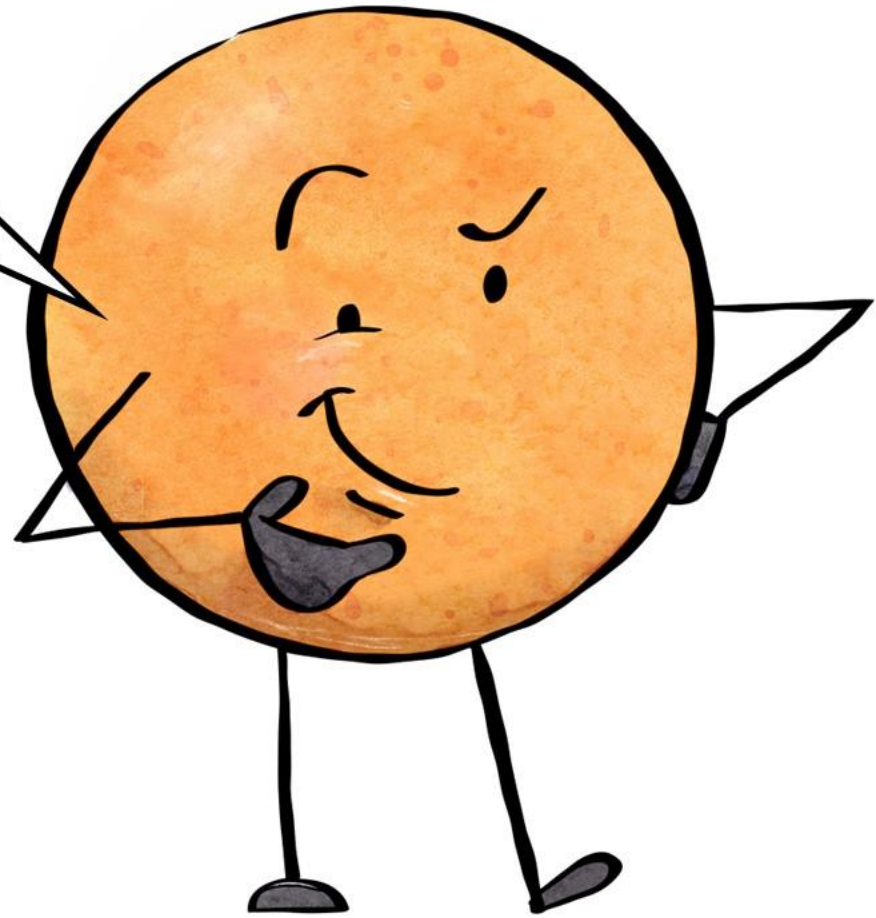


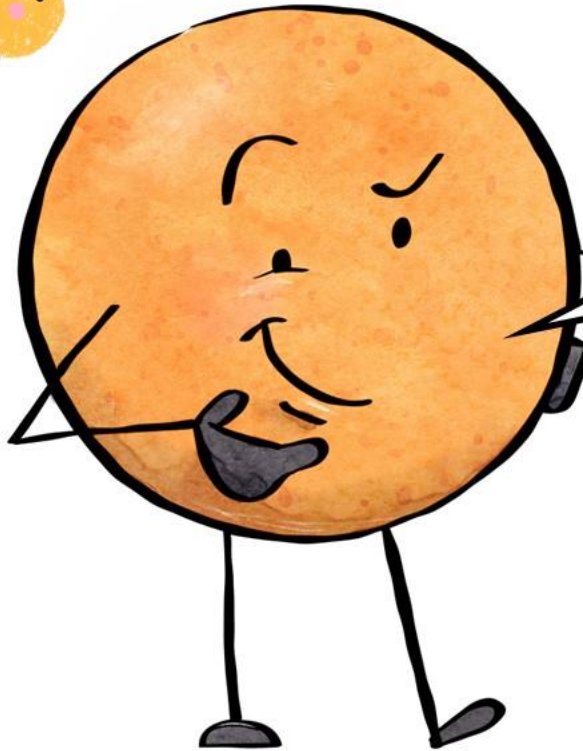


Are you
ready for ...



**THOUGHTFUL
TUESDAY**

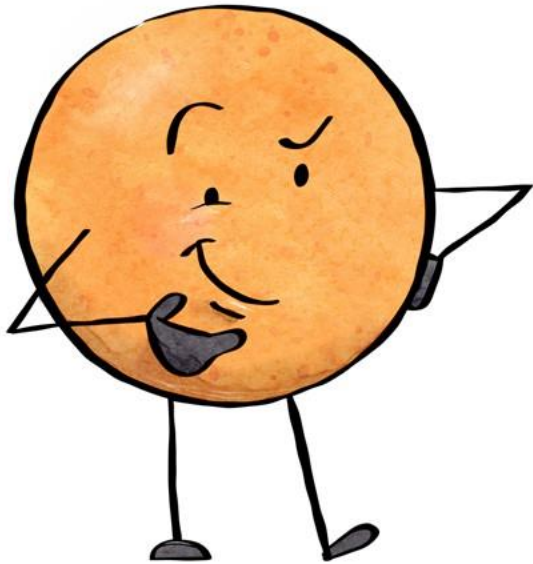




I am
helpful!



What do you think the word 'HELPFUL'
means?



It means you do things for other people
or animals

You help them to the best of your ability

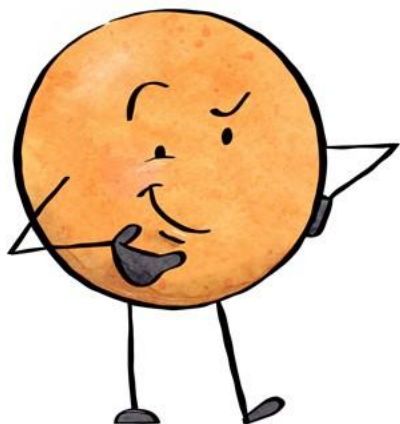
You will always TRY to help if someone
asks or you can see someone needs help



Activities



- Think about all the things you do to help other people or animals this week
- Make a list that has the day, what you did, and most importantly how it made you feel. You will be amazed at how brilliant it makes you feel to help other people.
- You could also draw pictures of the things you have done to help others. Use a sheet of paper and get someone to write the days of the week. Draw something each day.

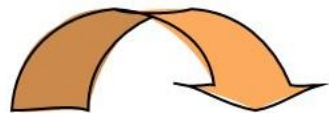


Tuesday	Helped my mum make dinner	Proud
Wednesday	Helped my little sister read her school book	Happy
Thursday	Rang my grandma and offered to help with shopping	Proud
Friday	Helped dad sweep leaves up in the garden	Excited
Saturday	Played with my little brother so my mum could have a rest	Happy
Sunday	Tidied my room so my dad didn't have to do it	Proud
Monday	Cleaned out my rabbits and chopped some vegetables up for them	Happy

It feels GREAT to be helpful!



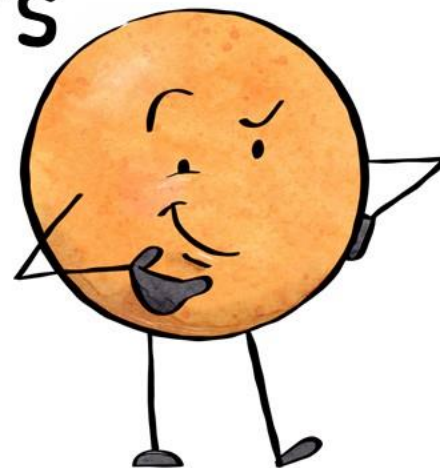
Affirmations



I am helpful

I am happy to help others

Look in a mirror and
repeat these
statements out loud
every single day!





Awesome
work!

Are you
feeling
HELPFUL?

