



## Lesson 8: Help Others and Let Them Help You - Things To Know

**Why do people help?** It's part of human nature to help. Our brains are designed to notice what others feel or need, and to show we care. That's called empathy.

**Your help matters.** When you help, it makes a difference. You can brighten someone's day or help them do something.

**Helping others is good for you too.** Helping is good for the person getting help, but it's even better for the helper! Helping others can:

- boost your self-esteem, happiness, and even your grades!
- make you feel capable and strong
- make you calmer and cope better with stress

**Helping is contagious — it spreads!** When we act in helpful ways, the people around us will too.

**Do things to help whenever you have the chance.** You can:

- do a favor for a friend
- volunteer to help the teacher in class
- show someone how to do something
- say something kind to a friend who's feeling down
- help a younger brother or sister with homework
- collect money for a good cause
- do chores at home
- include someone or stand up for someone
- volunteer for a community clean-up