

Practising Helping Others

Chapter 4: Helping Others · Topic 2

Key Concept

We can help others in small ways every day, like helping a classmate who is struggling, holding the door for someone, or helping at home with simple chores.

Helping others makes them feel happy and also makes us feel good about doing something kind.

We can help without being asked too, by noticing when someone needs assistance, like helping an elderly person carry something heavy.

Teaching others to help too, by being a good example, can create a habit of kindness that spreads to our whole class or family.

Quick Revision Notes

- Helping others means doing something kind for someone.
- We can help by picking up dropped things or holding a door.
- Helping others makes them feel happy.
- Helping others also makes us feel good.
- We can help without being asked, by noticing needs.
- Helping an elderly person is a kind act.
- Being a good example encourages others to help too.
- Kindness can spread through a class or family.

Practice Questions

- 1 Help a family member with a small task today.
- 2 Help a classmate who needs assistance.
- 3 Talk about a time someone helped you.
- 4 Write or say one way you can help others tomorrow.
- 5 Notice and help someone without being asked.
- 6 Encourage a friend to help someone else too.