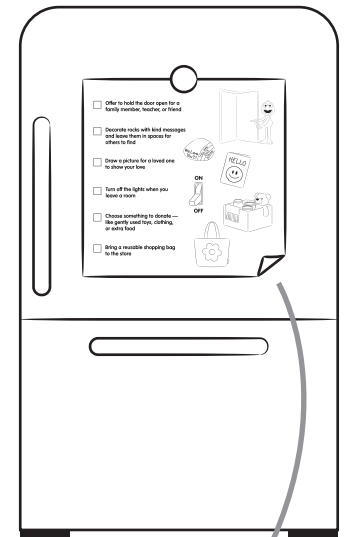


Helping and Caring

There are lots of small things we can all do to care for our communities and each other. With children, try starting with these and mark them off together as you do them. Find a special way to celebrate once you've checked them all off!



- Offer to hold the door open for a family member, teacher, or friend

- Decorate rocks with kind messages and leave them in spaces for others to find

- Draw a picture for a loved one to show your love

- Turn off the lights when you leave a room

- Choose something to donate — like gently used toys, clothing, or extra food

- Bring a reusable shopping bag to the store

