

# Family Viewing Guide

## Character and Life Skills: **Helpfulness**

### Grade Level: **3-5**

#### The Facts

Researchers Stephen Post and Dr. Elizabeth W. Dunn point to the benefits of helping others in their 2010 study on helping others without expecting anything in return:

1. When we help others, we build trust, and this builds relationships and reputation.
2. When you help others, people and society (in general) want to help you back.
3. Helping people helps us build circles of friends and associates.
4. When we help others, we build possibilities for solutions that we would not have seen had we chosen to be alone.
5. Helping others builds a better society.

#### Start a Conversation with Your Kids

1. How do you help at home? At school?
2. Why is it important to be helpful?
3. Name something that you did to help a friend. How did you feel?
4. How does it feel when someone helps you?

#### Advice from the Experts

[Parents.com](http://Parents.com) gives the following advice to parents on raising helpful children:

1. **Children are natural born helpers.** Give them a chance to do a job and be thankful for their help.
2. **Find opportunities for your children to be helpful outside of your home.** This might include helping at a food bank, donating items to a shelter, writing hand written notes, or holding doors for people.
3. **Praise them for being helpful.** Kids feel good when they are noticed for their actions. When they do something to help another person, let them know how much you appreciated their helpful act.
4. **Be an example.** Kids learn from watching you. Show them how to help others in public and help out each other at home.

#### Notes

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