

Helping Habits:

Take a few minutes with your family to brainstorm answers to these questions.

What are your top five favorite things to do as a family? Be sure to jot down the things you do often!

1. _____
2. _____
3. _____
4. _____
5. _____

For each of your favorite family activities, jot down at least one small way you could add a bit of service or an act of kindness. (For example, if you enjoy playing in the park, you could bring along a plastic bag to pick up garbage first. If you like to play a special game together, consider donating that game to a family shelter. If you love to read, consider starting your own family book club and select a few books from our resources page). Visit our projects [link] page to get more ideas.

1. _____
2. _____
3. _____
4. _____
5. _____

Now, take a vote with your family and pick one habit to start right away! What will you do? Do you need any supplies? Should you do any research?
