



**Narrator:** We all have times when something is on our mind and it causes us to be upset or worried. Do you have too much work to do? Are you frustrated about not being able to do something you want? Are you scared that you or someone you love will get sick?

**Narrator:** Have you ever heard of the world altruism? Altruism is the belief that by doing things for other people (or animals) and expecting nothing in return will make YOU feel better. In other words, if your thoughts and actions are focused on how you can do something nice for someone else or do something to make them feel good, you will feel good.



Some of the things that we do that are examples of altruism are:

Holding the door for someone

Helping someone if they fall

Picking up a piece of garbage

Calling someone to ask how they are doing

Shoveling someone's walk or driveway when it snows

Petting a dog

Doing the dishes without being asked

Helping around the house

Helping someone do something in their yard

Making a meal for someone

Baking cookies for someone

Complimenting someone

Offering to play a game with someone

Reading a book to someone

Helping someone with schoolwork

Helping someone study

Smiling and saying hello

**Narrator:** Can you think about things you have done before to help someone without be asked or paid to help? Circle the things from the list above that you have done before.

It is exciting to know YOU have the power to make yourself feel good!



Make a list of things you could do in the next 2 days that would be considered altruism. Remember anyone, no matter how old or young you are, can do something to help someone or to make them happy.

Circle the things from above that you will do today. Try to remember how it makes you feel when you do something for someone.