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?

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