

The Power of a Helping Heart

Take-Home Activity: Helping Hearts at Home


Dear Grown-Ups,

Today in class, we learned how to be Kindness Superheroes!

We talked about using our hands, voices, and hearts to help others – and how our amazing bodies can be used to give special gifts to people who are very sick.

Talk Together:

- Ask your child:
 - What is a Kindness Superhero?
 - What did you make with your Helping Heart today?
 - What is one way we can help someone in our family or neighbourhood?
- Ask each other:
 - ♥ What's something kind we can do together this week?
 - 📦 Who do we know who might need a helping hand, a hug, or a smile?


 **Family Challenge:** Draw or write your “Kindness Mission” below.
(You could include helping someone, making a card, sharing something, or starting a family kindness jar!)

This week, our family kindness mission is to:

Signed by:

♥ Little Helper: _____

♥ Big Helper(s): _____

 **Optional Bonus:** Chat about how families can be helpers even with their bodies – one day, when your child is older, they might like to help others in big, brave ways too.

Learn more at [Donate Buddies](https://www.donatebuddies.com.au)

