



Subject: SEL, Life skills

Key Concepts: helping others, responsibility, family

Helping Hands: Help at Home!

Watch the Wonderama [Helping Hands](#) videos on YouTube to get inspired by kids who are doing some amazing things to help others. Then, do the activity below so you can help others too!

(If needed, use the phrases "Wonderama" and "helping hands" to search for the videos.)

How You Can Help!

An easy way to help others is to help your family with chores.

Some chores you can help with are:

- Set the table
- Play with or read to a younger sibling
- Take out the garbage
- Wash or put away dishes
- Help cook meals
- Making beds
- Raking leaves or weeding
- Fold and put away laundry

Choose at least one of the chores listed above for you to do, and try to do it every day for one week.

Every time you do a chore, mark it off in the calendar below.

Chores I Did the Week of _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Check out more videos on the Wonderama YouTube channel. Watch full episodes of Wonderama on Amazon Prime.