



Subject: SEL

Key Concepts: compassion, kindness

Helping Hands: Spread Cheer

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!

We could all use a little cheer and joy, especially if we're feeling sad or lonely. Think of someone in your life who could use some cheering up or would just appreciate a cheerful message. Use the frame below to draw a picture and write a message to them. Then, cut this page on the dotted line below and send them your picture. You can mail it, text or email it, or share it in a video chat.

_____, **Here's Some Cheer for You!**

