



Name:

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.

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\_\_\_\_\_, **Here's Some Cheer for You!**

