

Who Can I Help Today?

A Reflection Sheet

1. Think about people around you.

Who might need your help today?

2. What can you do to help them?

3. How will helping others make you feel?

4. Have you helped someone recently?

What did you do?

5. Write or draw a kind action you want to try today:

[Blank box for drawing]

6. How can you remind yourself to be helpful every day?

Remember: Small acts of kindness can make a big difference!
