



Wake Up To
Wellbeing!
Session 7



Helping Hand

- Why is it important to help around the house?
- How does helping around the house change the way people feel?



- It is important that we understand and realise that we are part of a community within our homes.
- We should all be working together, especially during difficult times.
- Being kind to people around us is not only important but makes us feel good too!
- **What kind of things can you do to help?**



- Helping at home can introduce us to new things and teach us new skills.



- Can you think of things that you can do to help at home?
- Make a list of the ways in which you think you may be able to support your parents?
- Can you keep a note of what you do.
- Write down any changes you think it makes to the people living in your house.

**CHALLENGE
YOURSELF!**

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- What new skills have you learnt from helping around the house?
- Write a letter to a friend or family member explaining what you have been doing and what new skills you have learnt.
- Have any of these new skills encouraged you to do something else? Perhaps helping with preparing meals in your house has developed a love of cooking !