



Video Discussion Tip Sheet

Be a Kind Helper



- 1) Find someone you can help.
- 2) Do something to help them.
- 3) Notice how you feel after helping.



Watch together! Then talk about:

- ✓ Do you remember what was bothering Nico at the beginning of the story?
- ✓ What did CJ suggest to help Nico feel better?
- ✓ How did Nico feel after trying Be a Kind Helper? Why do you think Nico felt that way?

Practice together! Then talk about:

- ✓ How does it feel to do something nice for someone you care about?
- ✓ How do you think Being a Kind Helper made the person you helped feel?
- ✓ Who else in your life would you like to help?
- ✓ How do you think you could help them?

Additional Tips

- ✓ When you spot kids helping out, thank them for "being a kind helper" to reinforce this language.
- ✓ Share about a time when you helped someone, or someone helped you, and how you felt afterward. This models that being kind is something adults do for one another, too!



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