

HELPING OTHERS HELPS YOU

Have you ever noticed that helping others also makes you feel good? Acts of service build empathy, leadership skills, and confidence while reinforcing the idea that service is a two-way street. Some teens may see helping others as just another task, but this lesson helps them recognize it as an opportunity for growth and positive change.



CONVERSATION STARTER: Think about a time when someone helped you, how did it make you feel? Think of a time you helped someone else. How did that make you feel?

THE RIPPLE EFFECT

KEY OBJECTIVES

- Recognize that helping others also benefits you.
- Recognize how small acts of kindness create a lasting impact.

WHAT YOU'LL NEED

- Index cards or small pieces of paper
- Markers or pens
- Whiteboard or chart paper (optional)

REFLECTION

- How did writing down small acts of kindness make you think differently about service?
- What is one way helping others can make YOU a better person?
- How does kindness create a ripple effect in communities?

CHECK UNDERSTANDING

Do participants understand how their acts of service can create a ripple effect in their communities?

- Pass out index cards.
- Ask them to write down one small act of kindness they could do this week. (Examples: tutoring a younger sibling, holding the door, or volunteering at an event.)
- Collect and shuffle the cards.
- Draw a card at random and read it aloud. Ask:
 - How might this small action affect the person receiving help?
 - How might it also affect the person doing the helping?
- Repeat with several cards to highlight the ripple effect—one kind action can lead to more positive outcomes.

FACILITATION TIPS

Encourage students to think beyond obvious acts of kindness. Challenge them to consider unseen ways people help—like listening, encouraging, or standing up for someone who needs support.

APPLICATION

- What is one small way you can help someone this week?
- How can you recognize when someone around you needs help?
- How would a community change if more people made helping others a habit?

KEY TAKEAWAY: Helping others doesn't just make a difference for them—it also helps you grow. Practice kindness, you build confidence, develop new skills, and strengthen connections with those around you.