



HELPING HANDS

Activity sheet for families

This activity is for the entire family, including parents.

1. Start the activity by having every person complete the following:

What are 3 things you could do tomorrow for someone else?

- Have them write the 3 things down (if they can write)
- Present it to the group
- Explain why it would be nice for the recipient
- Explain how they would feel once they have done it
- Blue tack it to the wall

2. Once you have all completed part one, the next step is to:

Trace and cut out your hand/hands. On the front or back write one nice or inspirational thing you could say to a homeless person. Remember homelessness is very isolating; any message that is personal and happy will brighten their day.

Need some inspiration?

- Keep smiling, we are looking out for you
- Know you have a friend in me - I may not be able to see you but I am thinking about you
- I hope today is better than yesterday

3. This part is important - **post your hands to Kids Under Cover PO Box 5141, Burnley VIC 3121, #KiP #Helping Hands**

Every helping hand you send in will be read and bring a smile to someone's day.

Don't forget to take a picture of it and let the KiP team know!

4. In the morning, revisit your 3 things and see if you can achieve them today.