

10 WAYS TO LEND A HAND



SHARE YOUR SNACK

Sharing your food is a great way to make a new friend and help someone in need.



VISIT A SENIOR CENTER OR NURSING HOME

With a parent or teacher, find a nursing home, senior center, or elderly neighbor to visit. Play card or board games together, teach them computer skills, or find other ways to help them with things that might be hard for them.



GROW YOUR HAIR OUT TO DONATE

Many organizations collect donated hair to make wigs for those who have lost their hair due to sickness.



TEACH A SKILL

What are you really good at? Find a way to share your talent with others and you may both learn something new.



CLEAN THINGS UP

Grab some friends and spend an afternoon picking up litter around a local park or playground.



SHARE THE MUSIC

Are you in a choir or band? Find a local hospital or nursing home where you can perform.



PLANT A TREE

Make the earth a little greener by planting a tree in your neighborhood. Years later, others will enjoy its shade.



OFFER YOUR SEAT

When riding the bus or subway, give up your seat to someone who needs it more.



WRITE A LETTER TO A SOLDIER

With a parent or teacher, write a letter to a soldier. Tell a joke, talk about your day, or just say thank you. Many organizations can make sure your letter gets to a soldier who needs a friendly note from back home.



START THE PAY-IT-FORWARD CHAIN

Go out of your way to hold open a door or help someone with heavy bags. Helping others can make people feel connected, like a chain. When you help others, you may inspire them to help someone else, too. Perhaps your pay-it-forward chain will make it around the world!



For more ideas, check out

Lend a Hand: Poems About Giving

by John Frank, illustrated by London Ladd

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