

MONTHLY MISSION TEAM UP TO HELP

WEEK ONE:

- Role play asking for help. Get silly!
- Surprise someone with your help today
- Discover groups that help others
- Discuss what makes helping feel good
- Say "thanks" for every bit of help today
- Jot down your "Help Wanted" list!
- Make a team challenge where help is key

WEEK TWO

- Swap stories of when help made your day!
- Discuss why we might avoid asking for help
- Spot someone who could use a helping hand
- Role play terrible ways of asking for help
- Draw names to see who you'll help today
- Support a local business. Chat about it.
- Create a story about asking for help

WEEK THREE

- Tackle an obstacle course, blindfolded!
- Check in to see who needs help
- Create a family "help" signal or code word
- Discuss how it feels to ask for help
- Team up for a family project—your choice
- Write a reminder to ask for help
- Make an acronym for H.E.L.P

WEEK FOUR

- Feed each other dinner for 5 minutes
- Discuss who you can go to for help
- Make a montage of helping hands
- Pick 3 tasks and brainstorm how to give help
- Role play fairytale characters needing help
- Help someone out today. You choose who!
- Celebrate! Choose your next Monthly Mission!

Write your affirmations here

