



# Secret Helpers Week

## RE at Home (Compassion)

This simple family practice helps children recognise ways in which they can show compassion to other members of the family, but also allows them to experience acts of kindness and reflect on how good it feels when someone helps them.

### How To

1. Explain to the family that for the week ahead, the family will be having a "Secret Helpers" week. Anytime someone sees a family member with a need, he or she will make a special effort to help that person without being asked, and without expecting something in return.
2. Give verbal clues during the week that help your children remember the challenge for the week. "Wow, \_\_\_\_\_ helped me with the dishes; she's really paying attention to secret helpers week," or, "I can't wait to do something special for each of you tomorrow for secret helpers week".
3. At the end of the week, have a conversation about the experience. Use the following questions as a guide:
  - *How did it feel to give special help to your family members this week?*
  - *Were there times that you did something special that your family members noticed? What about the times that they didn't notice?*
  - *What things did others do for you this week?*
  - *Was it easy or hard to help family members?*
  - *Should we do this again? How often?*

*Some children might benefit from a little (or a lot!) of prompting and encouragement.*