

Maggie's Civics Corner

Lesson #36 – Be a Helper



Maggie says ...

In these difficult times, as our nation and the world pull together, it is more important than ever to understand our role as a citizen.

Today's lesson is about PEOPLE WHO HELP US. Part of being a good citizen – and dog – is helping people who need it! Our country looks to all kinds of helpers: firefighters, healthcare workers, police officers, teachers, and more. Think of the last time someone helped you, maybe with homework or a chore.

People help you all the time, and I bet you help others, too. In a couple of states – Rhode Island and Vermont, for example – citizens are even required by law to help out other people if they see them in need. Why do you think it is important for us to help others?

Sticky Situation: Imagine you go to the park and see someone sitting on a bench who is crying. You don't know why they are crying, but you see that they are alone at the park. You have four options:

1. You can choose to walk by without saying anything.
2. You can play with your friends instead.
3. You can tell an adult and ask them to help. Or,
4. You can try to cheer them up yourself.

Which would you choose? Is there something else you might do instead?

Helping others is a wonderful thing to do. **Remember to always be safe.** Never approach a stranger unless you have a trusted adult with you.

Activity: Think of a way you can help someone today. Maybe you have a sibling who needs help with homework, or perhaps you can help with preparing dinner this evening. Look for someone in your home who needs help with something and offer to be a helper.

Tell us whom you helped and what you did. How did helping them make you feel? Write down words that describe the feelings you had both during and after helping them. Now write down ways you can help your friends and try to put them into practice.

Civics Resources: Involving your child in volunteer efforts is a great way to teach them empathy and compassion. Check out the KidsHealth website to learn more about [Volunteering with Your Child](#).