**HANDOUT: DISCUSSION AND REFLECTION FOR PARENTS**

**Virtue: HELPFULNESS**

**What is helpfulness?**

 Helpfulness is being of service. It is doing useful things for people, such as things they cannot do for themselves, something they do not have time to do, or just little things that make life easier. It is important to be helpful to ourselves too, by taking care of our bodies. There are times when we need help from others. That is a good time to ask for help.

**Why practice it?**

 We all need help sometimes. We need people to teach us, and people to give us their strength or ideas. Sometimes we just need a friend to talk to. If there were no helpfulness, there would be no cooperation. When we practice helpfulness we get more done. We make each other’s lives easier.

**How do you practice it?**

 When you are helpful, you care about others. You don’t wait to be asked. You notice what needs to be done and just do it. If you cannot figure out what someone needs, ask them “How can I help?” or “What do you need?” Remember to help yourself by eating healthy foods, exercising and getting plenty of rest. And remember to ask for help when you need it.

**Signs of Success**

You are practicing helpfulness when you…

* Notice when someone needs help
* Do a service without being asked
* Give people what they need, not always what they want
* Listen to someone who needs to talk
* Care for your own needs
* Ask for help when you need it

**Affirmation**

I am helpful. I look for ways to be of service. I care for others and myself.

 I look for helpful ways to make a difference.

**Quotable Quotes**

*“No one can sincerely try to help another without helping himself.”* –Unknown

*“I expect to pass through this world but once; any good thing therefore that I can do, or any kindness that I can show to any fellow creature, let me do it now; let me not defer or neglect it, for I shall not pass this way again.”*

-Anonymous

*“Everybody can be great….because anybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.”*

-Martin Luther King, Jr.

*“When you leave this world, material riches will be left behind; but every good that you have done will go with you. Life should be chiefly service. Without that ideal, the intelligence that God has given you is not reaching out toward its goal. When in service you forget the little self, you will feel the big Self of Spirit.”*

-Paramahansa Yogananda

*“All effort and exertion put forth by man from the fullness of his heart is worship; if it is prompted by the highest motives and the will to do service to humanity. This is worship; to serve mankind and to minister to the needs of the people. Service is prayer.”*

-Abdu’l-Bahá

From The Virtues Project Educator’s Guide, by Linda Kavelin Popov