

Helpfulness - Pre-K to 2nd Family Resource

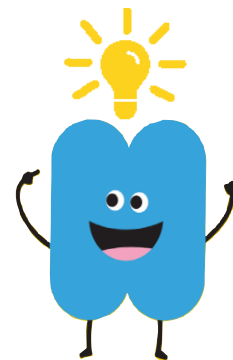


What is BrainAbouts?

BrainAbouts is a prevention and early intervention ecosystem that empowers young people to make positive choices, supports parents, and helps school staff overcome implementation obstacles with brain-based programming.

Learning about Helpfulness- Students learned that...

1. Being helpful means that you reach out to others to provide aid or care that makes their life easier.
2. To be helpful, we have to train our brain to think, "How can I be helpful to someone around me right now?" We train our brain by using our frontal lobe to stop and think a certain thought.



Family Connection

1. Ask each family member to list one thing they did that was helpful today.
2. Make a list of ways each child could be more helpful at home.
3. Sing the "Helpfulness Song" together, and let your child teach you the tune!

Helpfulness Song

