



## PROSOCIAL PLANNING

The purpose of the next activity is to challenge yourself to find ways to be a little more helpful in your daily life.

*Tips for choosing helping behaviors:*

- You can choose to perform bigger actions, like volunteering for a charity, or smaller things, like helping with a chore.
- You can do the same action and help the same person/people each day, or you can mix it up – it's completely up to you.
- You might find it useful to create "triggers" to remind yourself to do these behaviors. For example: When I unplug my phone in the morning, I will send a kind text message to my friend.

*Examples of kind acts (feel free to use):*

- Do a chore for someone without being asked
- Stand up for someone who is being picked on
- Donate your old books or clothes to charity
- Cook a meal for someone
- Offer to help someone carry heavy equipment, groceries, etc.
- Volunteer in the community
- Help out with tasks at school or home
- Share resources (food, money, books, etc.)
- Comfort a friend
- Create a gift for someone
- Spend extra time with someone who is lonely
- Let someone go in front of you in a line
- Donate blood
- Write a thank you card to your teacher
- Give someone a complement
- Provide help spontaneously whenever someone needs it