

Hi 2 McNaughton,

I hope you all had a safe Easter break. Now it's time to get back to our work.

This week I would like to talk about how important it is being helpful and, you know what? Being helpful is not only a good thing to do for people around you, it also makes us happier and healthier too. So this week I am going to share with you some of the things that we can put in place to help others regularly:

- Help care for or play with a younger sibling.
- Help change or fold laundry.
- Clean bedroom.
- Help set the table.
- Water plants.
- Help make dinner.



Now, I would like everybody to take part. So select one of the options I gave you or think of something that you may find helpful to do. Let's put it into practise during the week and then you can talk to your family members about your feelings after helping others. I am sure you will do very well!

Have a good week.

With love,

Miss De Santiago-Garcia