



HELPFULNESS

**IS A
SUPERPOWER**

by Mari Schuh

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Words in **bold** are in the glossary.

Helping Matters

Did you help someone today?
What did you do? Maybe you helped
a teammate who fell. Or maybe you
helped set the table for dinner.



People who are helpful make things easier for others. They put other people first. They help without being asked. Helpful people do not expect anything in return.



Helpfulness is a **superpower**. People who are helpful care about others. They are kind and thoughtful. Being helpful can also build **confidence**. It reminds us that we belong to a **community**.



Helping people feels good. You help your friends and family. You might also help people you don't know well. Being helpful usually does not take a lot of time. It often does not cost any money either.



Sometimes we forget to be helpful.
Maybe we are busy or in a hurry.
We are not thinking about other
people. We do not notice what
others need. Slow down and take
your time. See where you can help.



Ahmed thinks about people who have less than him. He **donates** clothes and toys. Becky cares about people in need. She **volunteers** at a shelter. She helps serve food to hungry families.

