



TODAY'S TOPIC: **Service to Others**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Does being helpful to someone else also help me?

Lesson

Materials	Things to Prepare	Today's Goal
- A tray with several different items on it, the quantity and style appropriate to the age of your youth. - A cloth to cover the tray.	- Prepare the tray ahead of time. - Decide on the best way to play the game.	Know that service to others, or helping others, is important and some ideas how to do it. Practice noticing so you can notice when others need help. Know that helping others also helps you.

ACTIVITY: Play the noticing game.

This is a “pay attention and notice” game.

- 1) We will show you a tray with several items on it.
- 2) Look at the items and try to remember as many as you can.
- 3) Be quiet and keep it to yourself.
- 4) After I show you, I will ask what things you remember.

Uncover the tray and either place it in the middle of the circle OR slowly carry it around the circle to show everyone. Cover the tray. Ask kids what items they remember seeing on the tray. Compare their answers to what is on the tray. Variations: Play the game again and remove a couple of items OR add a couple of items. See if the kids can notice the differences.

ASK: This game was about noticing things. Noticing things has a lot to do with helping.

ASK: What is helpfulness? Helpfulness is being of service to someone. When you are being helpful, you do useful things to make a difference. When people practice helpfulness, they care for each other. They make each other's lives easier. They are willing to cooperate to get things done. When people come together to help one another, great things can be accomplished.

SAY: So back to noticing - One thing that comes from noticing things and paying attention is seeing where you can be helpful, who needs help, what needs to be done. Example – hiking in the mountains and see a piece of trash on the trail, pick it up because it helps the environment even though nobody is telling me I have to do it.

ASK: What are some reasons to be helpful?

- We get to practice caring, compassion, empathy, and cooperation.
- Generates good feelings for giver and receiver.
- What you put out there you get back. If you are being helpful to others, people will also help you.
- We can do more. Example: Think of something hard to do. Is it easier to do by yourself or if you have people to help you? For many things, it takes more than one person to get things done.
- Helping others helps you – you get good vibes for happiness and health when you other people.

ASK: Being helpful to other people is especially important. We sometimes call this “being in service to others”. What are some ways to help?

- Hold the door, help carry, do a chore even if it isn't yours to do, help pick things up when they fall.
- Collect money or things like clothes, coats, or food and donate them.
- Help places where people are like parks, trails, and elderly neighbors' yards.
- Visit nursing homes and visit with people who are lonely.

AFFIRMATION – My act of service equals change and kindness. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .