



The Gift of Giving

Lend a Helping Hand

Goal: Try to do a good deed today, no matter how small or large.

[Tip]: Encourage your child to participate in doing a good deed with you.

Why is this important? Helping others makes you feel good, and also models empathy for those around you. The feeling of giving is your reward, and it is okay if there is no direct payback.

Reference: Pressman, S. D., Kraft, T. L., & Cross, M. P. (2015). It's good to do good and receive good: The impact of a 'pay it forward' style kindness intervention on giver and receiver well-being. *The Journal of Positive Psychology*, 10(4), 293–302. <https://doi-org.uwinnipeg.idm.oclc.org/10.1080/17439760.2014.965269>