

# Five ways I helped others

To celebrate our fifth anniversary, we invite you to share five good deeds you've done by filling out this form. Have you helped a neighbor or donated food? We'd love to read about any kind act you have performed. If you'd like to share your form with us, have an adult email it to [hello@theweekjunior.com](mailto:hello@theweekjunior.com). Some forms may be published in future issues. Extra forms can be found at [kids.theweekjunior.com/activities](https://kids.theweekjunior.com/activities).

First name: \_\_\_\_\_ Age: \_\_\_\_\_ State: \_\_\_\_\_

Why do you like helping others?

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List five good deeds you have done that made someone's life better:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Draw a picture of yourself doing a good deed.

