

# Helping Hands

## Get involved

### What you need:

- A copy of the helping hands page
- Colouring pencils
- Pencil for writing

### The challenge:

In the Bible we are called to serve and do good for others, just as Jesus did. In this challenge we would like you to complete 10 different activities with your helping hands. Whether it is helping your friend with something they are struggling with in BB or helping your family at home, or cutting the grass for your neighbour there are many different things we can do to help others when they need us. On the helping hands page, write your name in the middle of each hand.

When you have completed the activity, write it along one the fingers or thumbs on the helping hands resource page. Please feel free to decorate the hands too and make them really colourful. You can either complete these tasks in BB or you can do it as a challenge when at home. You don't have to stop at 10 activities you can fill out another set of hands. If you did one helping hands task everyday for a month you would have 3 sets of hands filled out at the end...think of how many people you would have helped!

Here are some ideas:

Making your bed	Tidying your bedroom
Helping your brother or sister with homework	Washing or drying the dishes
Setting the table	Help make the dinner at home
Help wash the car	Brush the floor
Help with gardening	Write a card or a letter to an elderly neighbour
Walk the dog	Pick up litter around where you live

