



Kindness: To be kind. To show sympathy. To help someone.

Pay it Forward: Instead of asking for a “pay back” after helping someone, you ask him or her to “pay it forward”. Meaning – go help someone else.

Instructions: Parents, please help your child with this worksheet. When it is finished, return it to your instructor to earn a stripe.

Name: _____

There was a girl who dropped her folder in the hallway at school and all her papers flew all over. As she struggled to pick up all the papers, a boy stopped and helped her. The girl said, “Thanks for helping me – how can I pay you back?” The boy said, “Don’t pay me back, pay it forward. My Karate instructor challenges us to find people who need help and then instead of accepting pay back, we ask the people we help to look for someone they can help and pay it forward.”

That night the girl noticed her little brother was having a hard time with his homework. When she volunteered to help him, he was shocked – but very grateful. When the homework was finished, the brother said, “So I suppose you’ll want me to pay you back somehow.” He was surprised again when his sister said, “Don’t pay me back – pay it forward.”

Homework: Your homework this month is to find people you can help and then ask them to pay it forward. Write about the people you helped.

1. _____
2. _____
3. _____



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