

The Helpful Jar

1 Purpose

- To give kids ideas of how to be helpful around the house.
- To encourage kids to use their time being helpful and serving others rather than complaining about being bored or always begging to watch TV, play video games, or another electronic device.

2 Materials

- Jar or cup
- Popsicle sticks
- Strips of paper with helpful ideas
- Scissors
- Markers to decorate
- Glue

3 How to use

- Introduce your kids to The Helpful Jar. Let them know that they are a valuable member of the family team and that we can all pitch in to be helpful just for the sake of being helpful.
- From Galatians 6:10, the bible reminds us that: “... as we have opportunity, let us do good to everyone...” And it is so important to start by doing good for our family—the most special people in our lives that God purposely brought together to be a family.
- Brainstorm ways they can be helpful and write them on strips of paper or use the ideas from our website.
- Decorate the sticks together. Cut the Helpful Ideas into thin strips and glue them on the popsicles sticks. Put the beautifully decorated sticks into a cup or jar and label it The Helpful Jar. Honestly, if craftiness isn’t your thing, you can just cut the papers into strips and put them in a jar or cup too! :-)
- Encourage your kids that when they find themselves in need of something to do with their time, they can come and pick something out of the helpful jar and do it just to be helpful... just to serve the family and show kindness and love.

4 The Helpful Jar Ideas

- Write a thank note.
- Clean up your room.
- Clean another room in the house.
- Fold laundry and put it away.
- Dust.
- Vacuum.
- Organize a cabinet, drawer, or closet.
- Sweep the floor.
- Mop.
- Write 5 positive things about someone in the family and surprise them.
- Water the plants.
- Bake something for a friend or neighbor.
- Write an “I think you’re awesome because…” note to a friend or family member.
- Clean the windows.
- Wipe out the bathroom sink.
- Draw or color a pretty picture for someone.
- Put away toys.
- Give someone a hug (with their permission).
- Clean the kitchen table and counter.
- Set the table (if it’s close to mealtime.)
- Make sure everyone has a glass of water.
- Write one positive thing about everyone in the family.
- Take money out of your Piggy Bank to give to the homeless.
- Go through clothes, books, and toys to give away to charity.
- Simply ask someone how you can be helpful.