

Helping at the Holidays


During the holidays this year Lance Armstrong and the rest of the team at LIVESTRONG are hoping that you will help people in need. Whether you and your parents work at a soup kitchen or donate to a Toys for Tots drive, you can help people all around you. Fill in the space below to share how you helped people during winter break. When you get back to school share this sheet with your class. You'll be surprised by all the different ways that people can help each other!



WHERE I HELPED:

WHAT I DID:

WHAT I LEARNED:



Need ideas for where you can help?

You and your parents can use these websites to find just the right place:

- www.livestrong.org
- www.volunteermatch.org
- www.idealists.org