



## Be a Volunteer

Volunteering simply means spending some of your free time helping others. You may volunteer to help other people, such as the families who lost their homes after a natural disaster. But you can also volunteer to protect animals, the environment, or any other cause that you care about.

Volunteering helps others, but it can also help you, too. If you're upset about something that's happened — like a hurricane or other disaster — doing something about it can be a great way to cope with your feelings.

Volunteering also lets you see your own life in new ways. Sometimes it's easy to worry about stuff like grades or get annoyed because you don't have the most expensive sneakers or the newest computer game. Volunteering lets you spend some time focusing on others for a while.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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