

# Help your little ones say Thank You, **HELPERS!**

Now more than ever, it's important to say thank you to the helpers who work to keep us safe every day. Use the below tips to show your child how they can support their local heroes!

## DONATE MEALS

You and your child can create a meal for an essential worker you know! If you want to support a whole team of essential workers, consider donating or buying a meal for your local hospital staff, sanitation workers, or caregivers!

## SEND A CARD

Have your kids make a card (or use the one included in this kit) to give to one of your local helpers. Delivery drivers, grocery workers, bus drivers, and teachers are some helpers to consider!

## RUN ERRANDS

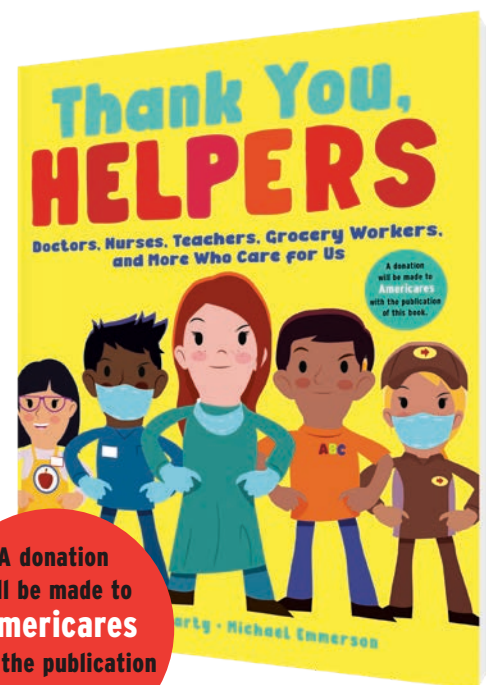
Offer to take your little one and run errands for any essential workers you know! Picking up laundry, filling up their gas tank, and doing their grocery shopping are just a few ways you can help out.

## FUNDRAISE

Along with your child, start an online fundraiser to support your local helpers! Whether you're raising money or collecting items and supplies to donate, it's important that we give back!

## DO YOUR PART!

Wash your hands, check on your elderly neighbors, follow your city's guidelines—all of these are ways YOU can be a helper!



A donation  
will be made to  
**Americares**  
with the publication  
of this book.

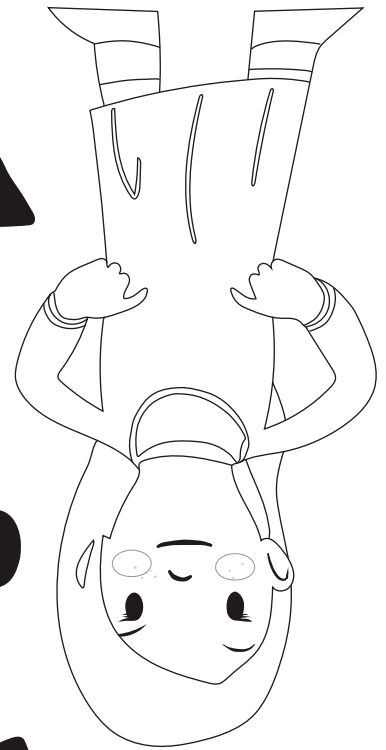
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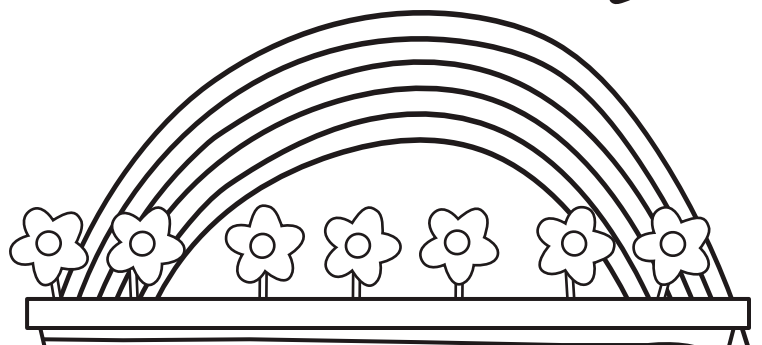
HEROES,

The world is full of



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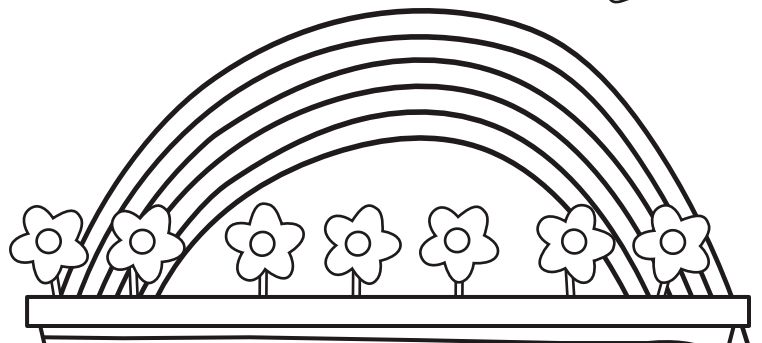
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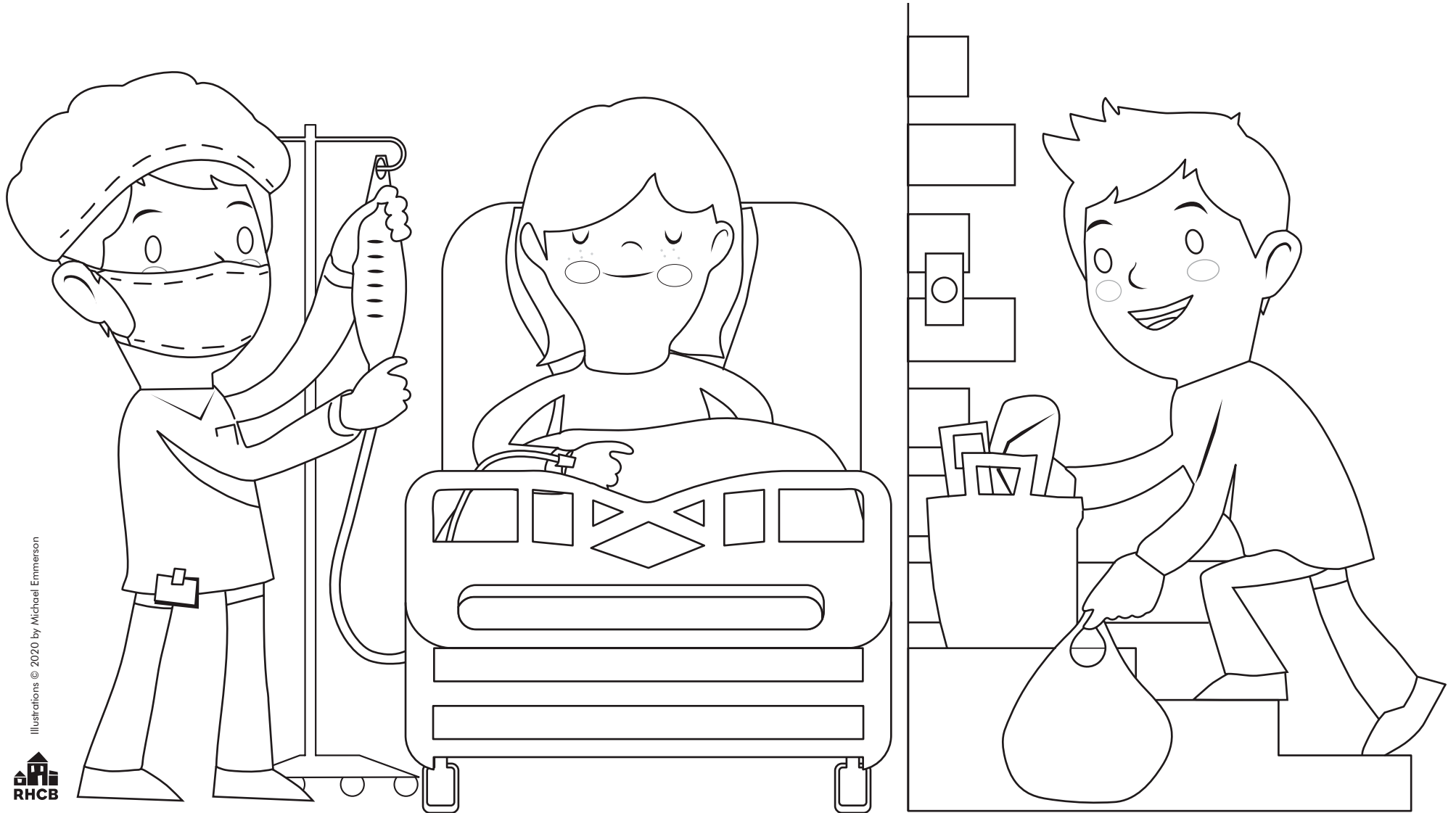


# The world is full of **HEROES.** And when the going gets **tough**, the **heroes** get going!

There are helpers all around, doing their part to make sure we stay safe! Can you think of any helpers you know? Maybe they're a nurse, a delivery driver, or a grocery store worker! Draw your local helper below.

# These are my **HELPERS!**

Color the image of some of your helpers!





Color this sign and put it in your window for all your local helpers to see!

**THANK**

 **YOU,**

**HELPER'S!**



Color this sign and put it in your window for all your local helpers to see!

THANK  
YOU,  
HELPER!