



I help lift
heavy
water
buckets.





I need
help with
boiling water.



I help
my sister
sketch
leaves.

Everyone has things they need help to do or see or understand. And everyone needs help to do, see, or understand certain things. On this chart, list or draw at least ten ways in which you help others and ten ways in which you need help.

 <p>Sometimes I Help</p>	 <p>Sometimes I Need Help</p>