

Reach Out and Give

Dar y ayudar

Includes Activity Guide for Adults!

¡Incluye guía de actividades para adultos!





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Dar y ayudar

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Dedication

In grateful memory of my grandparents Victor, Juanita, Harold, Rosalina, and Louise for their sacrifice, kindness, and generosity which still make a difference.

Dedicatoria

En memoria de mis abuelos Victor, Juanita, Harold, Rosalina y Louise, a quienes agradezco por su sacrificio, su amabilidad y su generosidad, que siguen marcando la diferencia.



The world is beautiful.
There's so much to notice
and be grateful for.

El mundo es hermoso.
Hay muchas cosas para descubrir
y por las que estar agradecido.



I'm also grateful for people who help me.

También agradezco a las personas
que me ayudan.



There are lots of ways I can show my thanks and give something back.

Hay muchas maneras de mostrar mi agradecimiento y de dar algo a cambio.



I want to reach out to people.

Quiero dar una mano a otras personas.



I can be generous.

Puedo ser generoso.



Being generous can take time.

Ser generoso puede llevar tiempo.



I might help someone without being asked.

Puedo ayudar a alguien sin que me lo pida.



Or I might make something
for someone I care about,

O puedo hacer algo
para alguien que me importa



or spend some time with that person.

o pasar tiempo con esa persona.

