



... for parents



K4.4 LOST AND FOUND

Helping others

Your child has taken part in an OFF-TRAIL workshop on mutual assistance and cooperation. They learned about helping others.

DID YOU KNOW?

Participating in cooperative games can help your child develop strengths such as helping others, self-confidence, respect for others, communication, the pleasure of play, problem-solving and solidarity.

NOW IT'S UP TO YOU!

Involve your child by asking them to help you with things like stirring the pancake batter or cracking eggs, and thank them for their help.

You and your family can also play board games that require teamwork.

[To hear this content:](#)



[Find out more about the OFF-TRAIL program:](#)



Financial contribution from



Public Health Agency of Canada / Agence de la santé publique du Canada

Centre intégré de santé et de services sociaux de la Montérégie-Centre
Québec

UDS Université de Sherbrooke



Centre RBC d'expertise universitaire en santé mentale

August 2024



Text is under a [CC BY-NC 4.0](#) licence. Graphics designed under [PowerPoint content licence](#).

© [OFF-TRAIL program](#) by Centre RBC d'expertise universitaire en santé mentale (2025), Université de Sherbrooke.