

# "V"TOONS™ COLORING PAGES **HELPFULNESS**

## Be your "BEST" with Virtues!

When kids understand virtues they tap into character strengths that guide them when faced with decisions between right and wrong, good from bad, or when they find themselves experiencing personal challenges and difficulties.



Virtues empower kids to:

- Overcome adversity and achieve their goals
- Rise above negative influences
- Be kind, honest and trustworthy
- And much more!

Learn more at [theVchannel.com](http://theVchannel.com)



**Kids love Cartoons!**



**Kids need Virtues!**



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*INSPIRING KIDS TO BE THEIR "BEST"*

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## Learning About Virtues is Easy and Fun!



Invite your kids to pick their favorite characters and print the "V"TOONS Coloring Pages.



Read about the virtues while your kids have fun coloring "V"TOONS.



Display "V"TOONS as a daily reminder that virtues empower kids to be their "Best."

**Learn more at [theVchannel.com/vtoons](http://theVchannel.com/vtoons)**



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Be your "BEST" with Virtues! —MUPPET BABIES

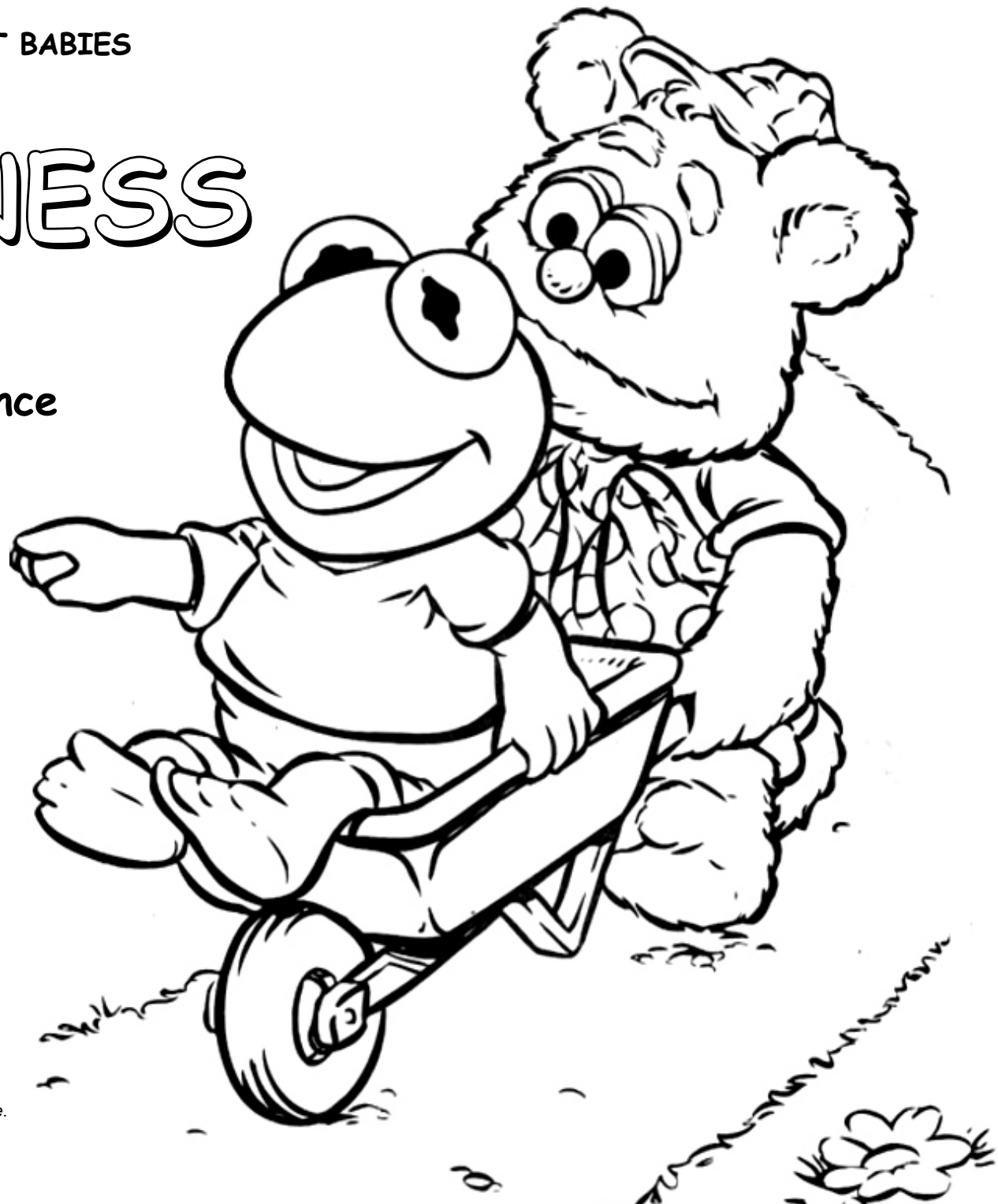
# HELPLEFULNESS

**Helpfulness is doing useful things that make a difference in the lives of others.**

When people practice helpfulness, they care for each other. They make each other's lives easier. When people come together to help one another, great things can be accomplished.

There are times when you may feel helpless. That is a good time to ask for help from others. You deserve it.

Learn more at [theVchannel.com/Helpfulness](http://theVchannel.com/Helpfulness)



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Be your "BEST" with Virtues! —BALOO AND MOWGLI

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Be your "BEST" with Virtues! —WINNIE THE POOH AND FRIENDS

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Be your "BEST" with Virtues! —THOR

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You are practicing  
**HELPFULNESS**  
when you...

- Notice when someone needs help
- Do a service without being asked
- Give people what they need, not always what they want
- Listen to someone who needs to talk
- Care for your own needs
- Ask for help when you need it

**Affirmation:**

*I am helpful. I look for ways to be of service. I care for others and myself. I look for helpful ways to make a difference.*



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What does **Helpfulness** look like to you?  
Draw and color a picture here ↓





# Please make a tax-deductible donation today!

**The V Channel** is a 501(c)(3) nonprofit organization. We depend on the generous support of people like you.

Every dollar we receive goes directly toward inspiring kids everywhere to choose virtues!



**Donate now** ►

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**We appreciate your generosity!**  
— The "V"TOONS Team

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PLAY NICE  
DISNEY CHARACTERS  
SUPERHEROES  
STOP BULLYING!



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