

Year 4 Red Kites Life Skills Summer 2

How Can We Help By Volunteering?

Key Vocabulary	Definition
benefit	Something that produces good or helpful results or effects or promotes well-being.
British Values	Five key principles that shape life in Britain: democracy, the rule of law, individual liberty, mutual respect, and tolerance for different faiths and beliefs.
community	A group of people who share something in common, such as living in the same area, going to the same school, or sharing similar interests.
impact	How something influences or affects a situation, person, or group.
motivation	The feeling or force that makes you want to do something, or the reason you choose to do it.
support	To help in some way.
unpaid	Not receiving money for time given, work done or a service provided.
voluntary	Something is done by choice, not because you're paid or forced to do it.
volunteer	Someone who chooses to help others or their community by spending their time doing work that benefits them, without being paid for it.
well-being	Feeling good physically, mentally, and emotionally.

Volunteering facts

- Between 2018 and 2019, 19.4 million people in the UK volunteered through a group at least once a year.
- 11.9 million people volunteer at least once a month.
- The UN (United Nations) estimates that more than one billion people across the world volunteer every year.
- Many charities rely on the work of volunteers. Without volunteers, it would be harder to help those who are in need.
- About four in ten people (40%) said that their reasons for volunteering were wanting to improve things or to help people.

Volunteering and British Values

Volunteering is an important part of being a good citizen. One of our British values is **mutual respect**, which means we treat others kindly, regardless of their differences.

Volunteering is a way to show respect for others by helping out and working together to improve our communities.

Volunteering also connects to **democracy**, as it shows that we all have a voice and can contribute to making the places we live better, whether it's helping to raise money for a good cause or participating in a community project.

What is volunteering?

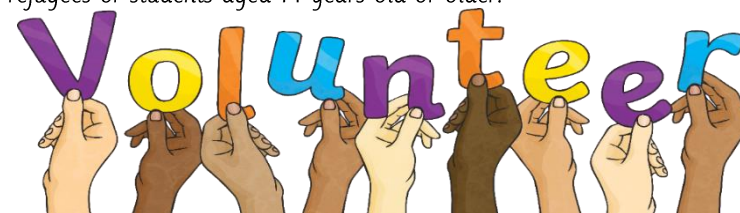
Volunteering means giving your time and energy to help others, without expecting anything in return. It's about giving your time and effort for a cause you believe in.

What is a volunteer?

Volunteers are people who give their time and energy to help other people, animals or places without getting any money.

Who can be a volunteer?

Volunteers may be working full-time or part-time, retired, unemployed, refugees or students aged 14 years old or older.



Why do people volunteer?

People volunteer for many different reasons, such as:

- To develop new skills.
- To make a difference to people, animals or places.
- To help others less fortunate.
- To feel part of a team.
- To use their spare time in a helpful way.
- To prepare for a paid job.
- To gain confidence.
- To give back to their community.
- To feel good
- Enhance personal well-being.



Benefits of volunteering

Volunteering helps people to build a sense of pride in their community. It shows that people care about each other, and that they understand how important it is to work together to make our world a better place.

When we give our time to help others, we are not just helping the people around us – we are helping to build stronger, kinder, and more connected communities.