



# Other People Mindset (OPM)

## Supporting others when they struggle

"No one is useless in this world who lightens the burdens of another."

-Charles Dickens



### WHAT DOES THIS MEAN?

When other people are having a hard time, you do your best to help them.

### WHY DOES IT MATTER?

Learning to tie your shoes can be really hard! If you see a friend getting frustrated or sad, you can help to teach them. If you don't know how, just letting them know you are still learning too can help them feel better. Supporting others is an important part of being a good friend.

