

Sewa Jar

This is the
SEWA JAR.
Sewa means
SELFLESS SERVICE.



Print the sheet and cut out
the slips and make a
SEWA jar for yourself today.

Help someone carry
grocery / shopping
bags

Smile and say
hello to someone you
have never talked to
at school

Offer your mom
or dad a
glass of water

Help your teacher
carry his/her things

Help your friend
understand a math
problem

Teach your younger
brother or sister how
to play a game

Pick up the litter
on the ground

Help a younger
student who is lost to
find the way to
his/her classroom



Buy a meal for
someone homeless

Help clear the dishes

Donate some of your
toys to children in
need

Donate some of your
clothes to children in
need

Pick up trash around
the neighbourhood

Feed a hungry
animal

Run errands for your
grandparents

Help your
younger sibling with
homework

Read your younger
brother or sister a
story at bedtime if mom
and dad are busy

Help your teacher
carry his/her things

Help your friend
understand a math
problem

Teach your younger
brother or sister how
to play a game

Pick up the litter
on the ground

Help a younger
student who is lost to
find the way to
his/her classroom

Teach your younger
brother or sister to
Bake cookies to raise
money for refugees

Help your
mother/father dress
the baby

Open the door for
someone whose hands
are full

Say something nice to
make your friend feel
better when they are
sad

Share your toy with
your brother/sister

Ask your teacher if
you can help with
anything

Donate some of your
Help clean up plastic
on the beach

Make a thank you
card for the garbage
collector

Leave an anonymous
thank you note for
any school helper

Buy some medical
supplies and donate
them to a charity

Make posters to raise
awareness about
global warming

Compliment someone

You are amazing!

You have the power to
make your dreams
come true

You have a
beautiful heart

You can do it

All problems have
solutions

You are kind

Laugh out loud

Take a deep breath

Smile

You can make
a difference