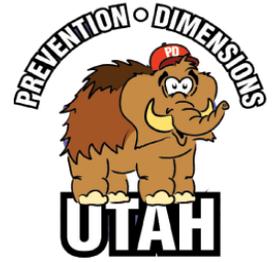


# Helping Others

More Practice with Helpful Heroes



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## 3 Cs

I care about myself.

☞ I care about others.

I care about community.

**Help students to understand and invite them to state clearly:**

I have a right to be in an environment where I feel safe.

I have a responsibility to treat others with kindness.

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## Preparation

### Copies

“Give My Heart Away” Heart (see page 108)

25 Kindness Squares (see page 109)

“Help Bingo”

### Music

“A Little Bit of Honey” from CD *Take a Stand* (see page 121)

“When We’re Helping” (see page 107)

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## Vocabulary

self

helping

support

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## Lesson at a Glance

### Introduction

1. Sing the song, “When We’re Helping.”

### Strategy

2. Discuss the meaning of “helping.”

3. Discuss ways students can help others – peers, teachers, family members, etc.

4. Do activity “Giving My Heart Away.”

### Home Connection

5. “Help Bingo”

### Conclusion

6. Sing, “A Little Bit of Honey.”

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## Core Curriculum Objectives and Standards

### Objectives

Identify and practice various ways of helping others.

### Standards

**7010-0301** Describe how family members can help and support each other.

## Teacher Notes

This lesson, re-enforces the concepts of the preceding lesson, “Being a Helper.”

“Being a Helper” is also in the Kindergarten Prevention Dimension lessons. First grade teachers thought it was worth repeating in the first grade.

**Introduction****Strategies**

Discuss

Art Project

Ask

**Home Connection**

Prepare

**Conclusion****Other Activities****1. Sing the song, “When We’re Helping.”****2. Discuss the meaning of “helping.”**

What does it mean to be a helpful hero?

A Helpful Hero is someone who gives assistance to someone.

**3. Discuss ways students can help each other, family members, teachers, friends, etc.**

Record student suggestions on the board.

**4. Giving my Heart Away**

- Give students a copy of worksheet “Giving My Heart Away.”
- Each student writes his or her name on the paper and colors the heart.
- Give each student the graphic of 25 kindness squares and have them decorate, color and cut the squares.
- Instruct students that they are to paste one kindness square onto the heart of another student when they do something nice for that student.
- The goal of the class is to fill everybody’s heart with kindness squares of different colors.
- How do you feel when helping others?
- How do you feel when others help you?
- How does it feel when you have someone’s kindness square pasted on your heart?

**5. Help Bingo**

Make a copy of the Home Connection for each student. Send the Home Connection paper home with each student and instruct students to share the information with their families.

**6. Sing, “A Little Bit of Honey.”**

- Illustrate how students help at home.
- Illustrate how they help at school.
- Illustrate how they help on the playground.
- Create a graph or chart entitled, “How Each Child Helped.”



# When We're Helping

*Happily* ♩ = 104-132

1. When we're help - ing, we're hap - py, And we sing as we  
 2. Tra la la la la la la, Tra la la la la

go; And we like to help moth - er\*, For we all love her so.  
 la, Tra la la la la la la, Tra la la la la la.

## WHEN WE'RE HELPING

Verse 1. When we're helping we're happy.  
 And we sing as we go;  
 For we like to help others,  
 For we all love them so.  
 Chorus: Tra la la la .....

Verse 2. When we're helping we're happy.  
 And we sing as we go;  
 For we like to help teacher,  
 For we all love her/him so.

Chorus: Repeat

Verse 3. [Mother]

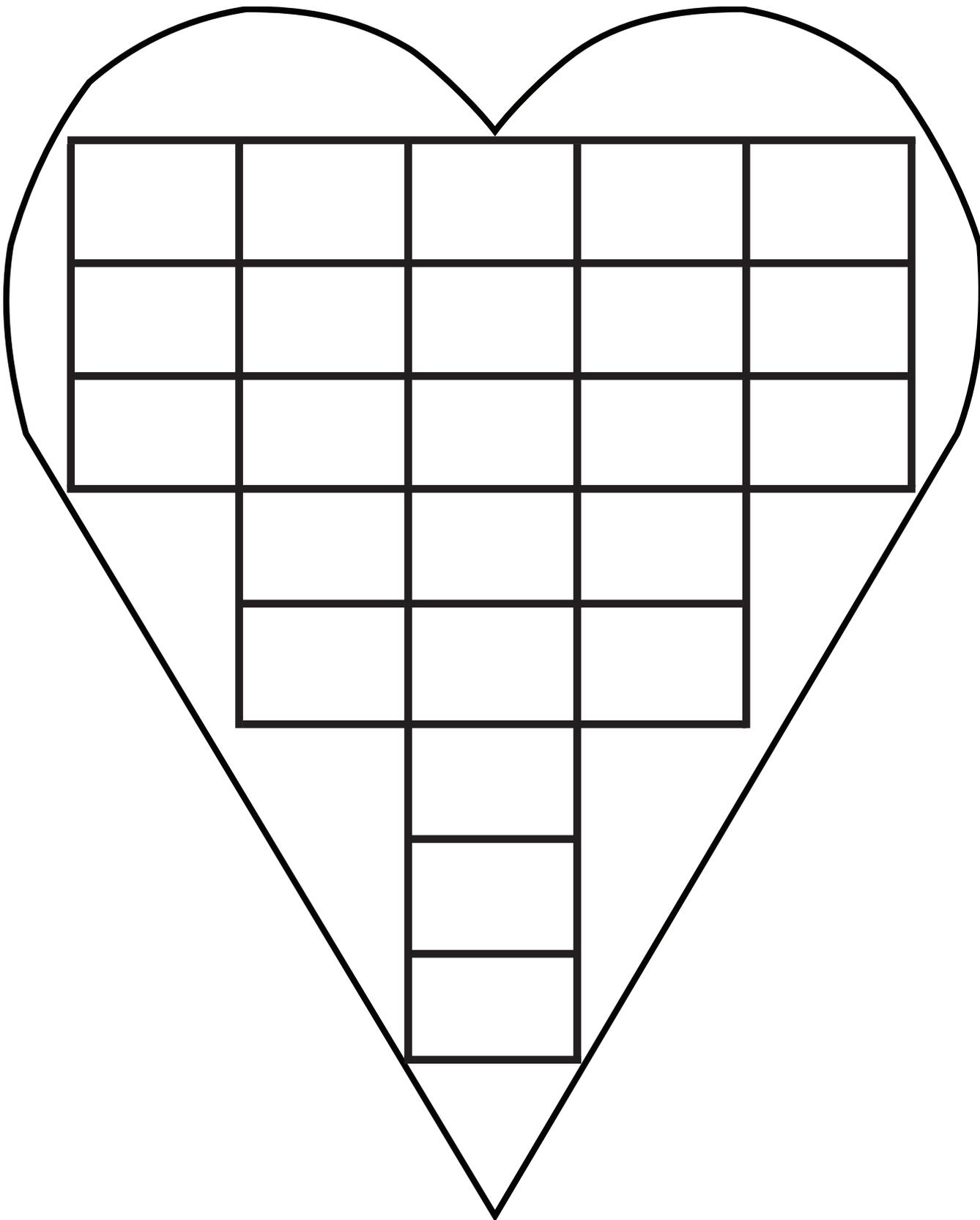
Chorus: Repeat

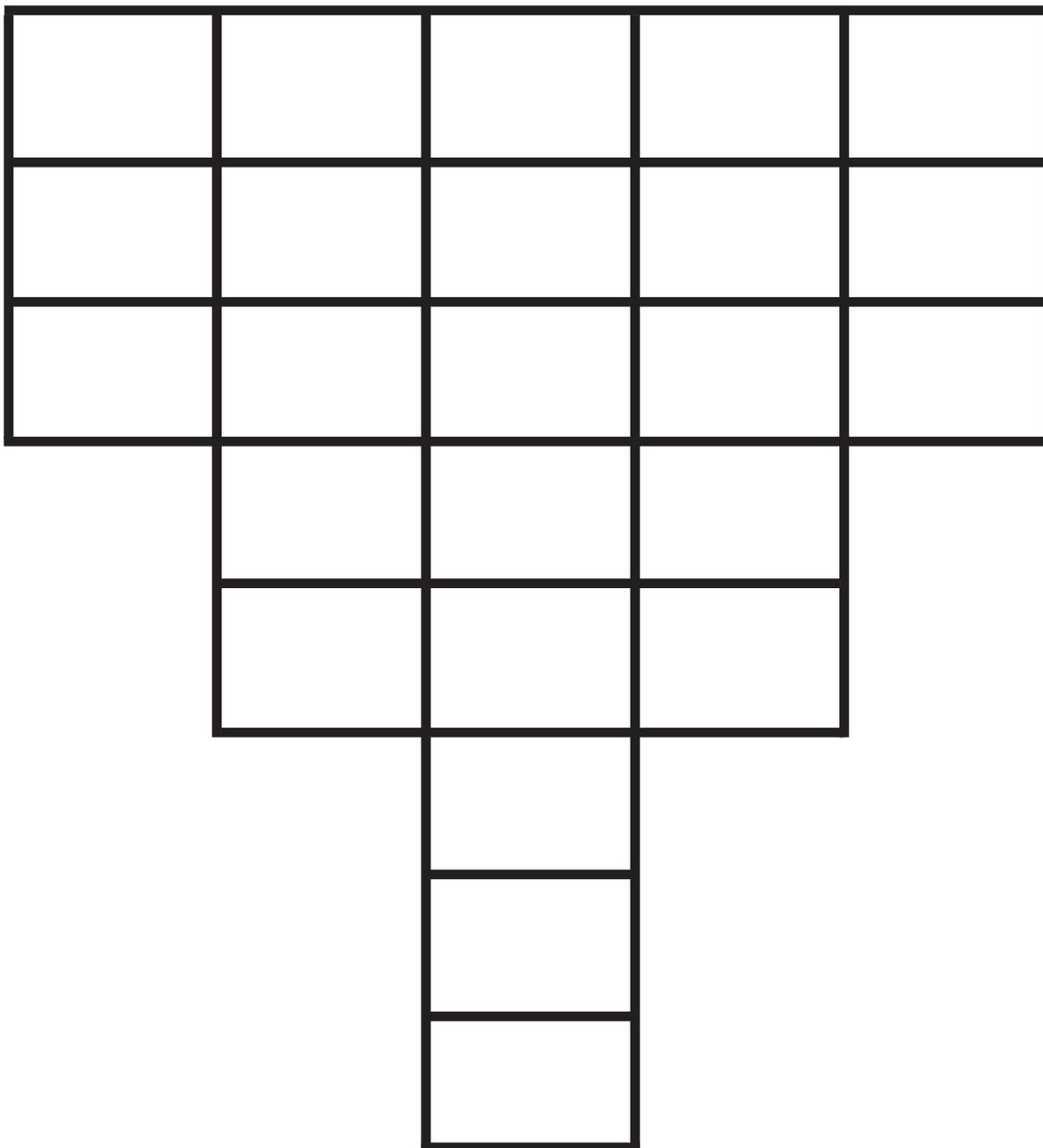
Verse 3. [Father]

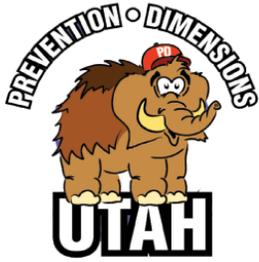
Chorus: Repeat

\*Alternate words: father, grandma, grandpa  
 Words: Wallace F. Bennett, b. 1898  
 Music: German folk song









# Home Connection

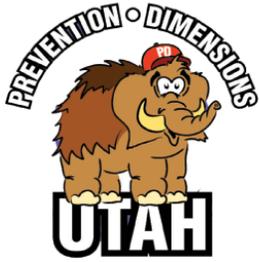
Dear Family,

We have been learning about being helpful in school and at home. Please take some time this week and play "Help Bingo" with me. Please sign the box when I complete that box. When bingo (across or down) or blackout is achieved, please display this game in a prominent place to celebrate what a terrific helpful hero I can be.

## HELP BINGO

H E L P

I cleaned my room.	I watered a plant.	I did something nice for someone.	I read a story to someone.
I played a game with the family.	I brushed my teeth today.	I resolved a problem.	I set the table.
I sang a song with my family.	I put my toys away.	I did a chore.	I drew a picture of my family.
I wrote a letter to someone special.	I wrote a story and shared it.	I gave everyone in my family a big hug.	I went to bed on time.



# Conexión en el Hogar

Querida Familia,  
 Hemos estado aprendiendo acerca de como podemos ayudar en nuestra escuela y en nuestro hogar.  
 Por favor toma algún tiempo ésta semana y juega conmigo “Bingo para Ayudar”.

Por favor firma cada uno de los cuadros cuando complete la acción que cada uno pide. Cuando haga bingo cruzado o para abajo), o cuando ya haya hecho todo los que los cuadros piden, por favor coloca éste juego en un lugar importante para celebrar cuanto he ayudado y como he sido un héroe para la familia.

## BINGO PARA AYUDAR

Limpié mi cuarto.	Le puse agua a una plantita.	Hice algo bueno por alguien.	Le leí una historia a alguien.
Jugué con mi familia.	Me cepillé los dientes.	Resolví un problema.	Puse la mesa para comer.
Canté una canción con mi familia.	Recogí mis juguetes.	Ayudé con los queaceros del hogar.	Hice un dibujo de mi familia.
Escribí una carta para alguien especial.	Escribí una historia y la compartí.	Le dí un abrazo muy grande a toda mi familia.	Me acosté temprano.

