

WEEK 4

HELPING OTHERS

Big Ideas

- When children begin to put the needs of others ahead of their own wants, their hearts begin to grow. As their hearts grow, their minds will open.
- Acts of kindness and love help children develop others-centeredness, which enables them to become valuable members of their community.
- Helping others makes the world a better place.



For Your Heart

We all know and love the children's classic, *How the Grinch Stole Christmas*. The Grinch spent his days concocting a dastardly scheme to ruin Christmas for the Whos. Dr. Seuss gave the most out-of-the-ordinary reason for why the Grinch hated Christmas so much:

*It could be his head wasn't screwed on just right.
It could be, perhaps, that his shoes were too tight.
**But I think that the most likely reason of all
May have been that his heart was two sizes too small.***

At Manners of the Heart, we believe this is the reason for the Grinch's struggles as it is for many of us. His heart was scarred and locked from old wounds. Whether someone is unkind, selfish, entitled, broken, impoverished, overindulged or disrespectful, the cure is the same. Seeing the wounded hearts of your students and nurturing them with kindness, love and respect is the greatest privilege you are given as a teacher.

For the Hearts of Your Students

The answer to your students' struggles is to unlock their hearts, which will open their minds to the knowledge you have for them. With the first turn of the key, they experience the joy of helping others.

After the Grinch had stolen Christmas from the Whos in Whoville, he heard singing instead of crying!

*And what happened then? Well in Whoville they say
That the Grinch's small heart grew three sizes that day.*

In an instant, the Grinch's heart began filling with **kindness** and **love** and he returned Christmas to the Whos. His outward expressions of kindness reflected the inward condition of the love growing in his heart.

In this week's lesson, you'll be teaching your students what it means to help others. They will experience the excitement of a growing heart and a mind opening to receive the knowledge you have to share.

4 Helping Others



KINDNESS—Showing care for others in an unexpected and exceptional way

REMEMBER



SKILLS AND OBJECTIVES

- Children will learn that using the word “please” adds politeness to a request.
- Children will learn that using the word “please” shows respect for others and makes them feel good.



*Please, please, please is kind
This is what we'll say.
Politely, politely, politely, politely
All the live long day.*

GUIDING CHILDREN'S LEARNING

Begin the week with the new *Heart Attributes* and the *Merryville Story*. Encourage the children to always listen with their hearts. If they listen closely, they will find the *Heart Attributes* in the story.

1. Introduce and discuss this week's Heart Attribute: KINDNESS
2. It's Story Time! Read aloud or play the recording of **PD the Rescue Dog** . After reading, lead your children in a discussion about the characters they meet in the story. Use the example questions and answers below as a guide, but remember that answers might vary. Encourage students to give their own answers first.
 - *What is PD training to become?*
He is going to be a rescue dog.
 - *Who is PD looking for? Where does he find him?*
He is looking for KC. He is in a large muddy, wet hole.
 - *What did PD do to help his friend?*
He tried to ask for help, but nobody would listen to him. He decided to help KC himself and found a rope to use for the rescue.
 - *How did PD feel after rescuing KC from the hole even after KC didn't believe in him? How did KC feel?*
PD was proud of himself. KC was kind to offer an apology for not believing in PD and was very thankful for his help.

MANNERS IN ACTION

1. Discuss the *Big Ideas* of the story.
 - *We just read a great story of someone whose heart changed for the better, by being helped and by helping someone in need.*
 - *This is something you can do, every day, with others around you at school and at home!*
 - *Let's look for ways to help others this week and get our hearts growing!*
2. Watch *Wilbur's Words of Wisdom* . Recite them during the week for extra practice.
3. Ask your students how they can show more kindness at home and at school. Recognize those students who display kindness this week.
4. The student who shows the most understanding and uses KINDNESS this week will be given the opportunity to hang the **Happle** on the Happle Tree!

PD, THE RESCUE DOG

Once upon a heart in Merryville, PD, the Puppy Dog, went in search of his best friend, KC, the Kitty Cat. He had spent all day working with Fireman Frank. As he walked out of the firehouse, tired, but encouraged, he thought of the words Fireman Frank tells him every day with a pat on his head: *One day soon PD, you're going to become the best rescue dog anyone in these parts has ever seen.*

PD walked past Armand's Café and Miss Charlotte's Chocolate Shoppe. No KC, the Kitty Cat. He passed by the school, and saw Tommy with Peter and Penelope. No KC. He wandered around Merryville Heights and nodded to Bully and Buddy. No KC. Knowing Mr. Tripper often gives KC little pieces of trout to snack on; he made the long hike out to Trippers' Trout Farm. No KC.

He cut through the woods toward McDonald's Farm, and heard a familiar voice, "Heeeeeeelp me! Pleeeease, someone heeeelp me!" PD went into action and ran through the forest till he found a large hole in the ground. Rushing to the edge, he looked in to find KC all muddy and wet. "KC!" PD called out.

"PD! I fell in this hole and can't get out...can you find someone to help me?" KC called, trying to climb up the sides, but sliding right back down into the mud.

"I'll be right back, KC," PD barked, running back toward town, intent on finding someone to help him, but it was suppertime in Merryville. No one was out and about.

PD decided to take matters into his own paws. He ran back to the firehouse and nabbed the firemen's rope from the hook by the door. With the rope clamped between his teeth, he ran as fast as he could back to KC. When he got back to the hole, he held one end of the rope in his teeth and with his paws, pushed the other end into the hole, down to KC. "Grab on KC and I'll pull you up," PD hollered.

"No PD, you're not strong enough," KC shouted back.

"I can do it KC, trust me," PD answered. KC looked worried as he grabbed the other end of the rope. Tugging and pulling, PD pulled his friend up and out of the hole. KC could hardly stand from all his shivers. "Curl up next to me and I'll keep you warm," PD said as he wrapped his paws around his friend.

"I'm sorry I thought you were too small to help, PD. I was wrong," KC purred before falling asleep.

PD lay next to his best friend, grateful he could help. Fireman Frank's words floated across his mind, *One day soon PD, you're going to become the best rescue dog anyone in these parts has ever seen.* Exhausted, PD drifted off to sleep, too.

The next day, everyone in town gathered to celebrate PD's transformation from frightful pup to the Fire Department's Number One Rescue Dog!

Just the beginning...



Looking For More?

Duck & Goose by Tad Hills

Which bird was the most polite?



4 Helping Others

Day 2 ART CENTER

1. Place a copy of Wilbur's ASL sign for "Please" on the table. There should be one per group. Have your children color their group drawing together.
2. Each student will receive one crayon. Explain that the crayons on the table are for everyone to share. If a friend has a color they would like to use, practice using a Good Word by saying, "***Please, can I use the ___ crayon?***"

You'll Need:

- Wilbur's ASL sign for ***Please*** (1/student)
- Crayons

Day 3 MATH CENTER

1. Your students will become the "Please Patrol" in the classroom! They will be listening for others using kind words.
2. Give each student a piece of paper and a clipboard. Your students will place a tally mark on their paper each time they hear their peers using the word "please" in their center and showing respect to each other.
3. Have your children total their tally marks at the bottom of the page to see how many people were being kind today. During whole group time, total all of their tally marks on the board to show the students how kind they were during center time. Help them remember to show kindness by showing care for others in an unexpected and exceptional way every day!

You'll Need:

- Clip Boards
- Paper
- Pencils

Day 4 WRITING CENTER

1. Encourage your children to think of a time when they made a request for something. Did they ask for help when they needed something? Did they ask for a specific food or drink? Were they trying to get help for someone else?
2. In their journals, have your students draw a picture of themselves asking for what they needed of that friend, family member, or teacher. Ask them to illustrate as many details as possible.
3. Have them draw a heart on their picture to show they remembered to use the Good Word "Please."

You'll Need:

- Writing Journal
- Pencils
- Crayons

Day 5 TECH TIME

Smart Board Activity on MyManners Portal

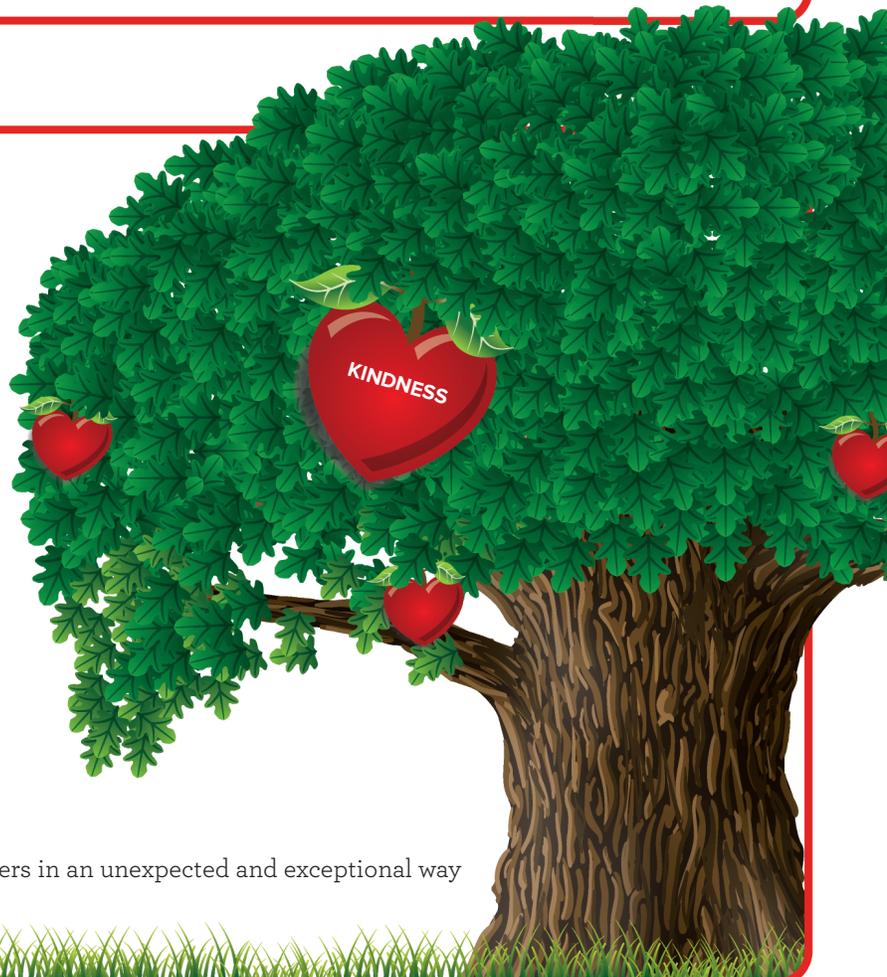
Discover some clues to helping around the house!

MANNERS IN ACTION

Whooooo will hang the Happle this week?



KINDNESS—Showing care for others in an unexpected and exceptional way



Wilbur's ASL sign for Please



Name _____



Dear Parent/Guardian,

For Your Heart

This week, second graders are learning to look for others who need their help. They're discovering the joy that comes from helping their classmates and others in their school.

- When children begin to put the needs of others ahead of their own wants, their hearts begin to grow. As their hearts grow, their minds open.
- Acts of kindness and love help children develop others-centeredness, which enables them to become valuable members of their community.
- Helping others makes the world a better place.

For the Heart of Your Child

Here are a few ways you can support your child's development of helpfulness at home:

1. **Give your child regular duties and hold him or her accountable for taking care of those duties.** When you give your child duties, your child experiences the satisfaction of contributing something valuable to the family. (We call it a duty rather than a chore. A chore tends to become a task seen as burdensome; a duty is for the child's sake and teaches the child responsibility and fulfillment in a job well done.)
2. **Assign purposeful duties.** No matter your child's age, any duties you assign should be for one of the following reasons:
 - To help them learn valuable life skills
 - To give your child a valuable role in the family
 - To help your child become a valuable member of society
3. **Assign duties that are age appropriate.** The goal is to help your child find satisfaction in accomplishing a task. Young children have a natural desire to please; you can build on this desire by allowing them to help you. Here are a few age-appropriate duties:
 - Organizing their room or "space"
 - Packing their own backpack for school
4. **Take time to show your child how to perform the task.** Children want to perform their tasks well. Lack of successful completion can create frustration.

From our hearts to yours,



PS Don't forget to ask your child to define KINDNESS and LOVE!

LOVE—Genuinely caring for others
KINDNESS—Showing care for others in an unexpected and exceptional way

