

4 Helping Others



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

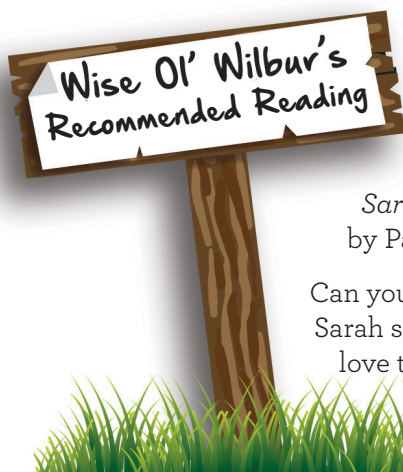
LOVE—Genuinely caring for others

REMEMBER



SKILLS AND OBJECTIVES


- Children will learn to look for ways to help others.
- Children will learn to show kindness in tangible ways.
- Children will learn to demonstrate kindness from a heart of love.



Sarah, Plain and Tall
by Patricia MacLachlin

Can you identify examples of Sarah showing kindness and love to other characters?

GUIDING CHILDREN'S LEARNING

1. Introduce the definitions for this week's *Heart Attributes*: KINDNESS and LOVE. Encourage your students to memorize and recite the definitions. They should also listen closely to the story for examples of both *Heart Attributes*.
2. Let's Listen! Read aloud or play the recording of ***I'll Help You and You'll Help Me.*** 
3. After the story, lead your students in the following discussion questions:
 - *Who can sing?*
Brianna
 - *Who can play basketball?*
Jerome
 - *Who is great at math?*
Trey
 - *Mrs. Sweetwater noticed a problem in her class. What was it?*
Everyone was so worried about the things they couldn't do, that they forgot what they could do!
 - *What was Mrs. Sweetwater's solution?*
She asked everyone to help someone else with a skill they knew how to do well.
 - *What things do you do well? In which skills do you struggle?* (Answers will vary)
 - *How does it feel to help someone else? How does it feel to be helped?* (Answers will vary)

MANNERS IN ACTION

1. Point out the **Happle Tree** and how the number of Happles is growing. Remind your students that their hearts are growing as well!
2. Discuss these *Big Ideas* with your students:
 - *Everyone is good at something, but no one is good at everything!*
 - *There are opportunities to help others all around us.*
 - *Helping others comes from a heart of LOVE.*
3. Ask your children how they can show KINDNESS and LOVE this week. Encourage students to look for opportunities to give an act of KINDNESS at school or at home and to offer help from a heart of LOVE. Challenge them to be the student who hangs a Happle at the end of the week!

I'LL HELP YOU, AND YOU'LL HELP ME

Once upon a heart in Merryville, Tommy and his friends were fourth graders at Merryville Elementary School. As the school year moved on, they began to notice that not everyone was good at everything.

Jasmine was an amazing artist, but she wasn't good at any game that used a ball. Wesley, on the other hand, couldn't draw anything recognizable, but he knew the difference between a cell and an organ in science class.

Brianna loved to sing, but couldn't write a good story because she wasn't very good at grammar. Now, Caroline couldn't sing at all, but she could read a book a day and remember what she read.

Tommy knew how to catch all kinds of fish in Mirror Lake, but he was not very interested in reading and was always falling behind in his assignments. Believe it or not, Jerome couldn't bait his own hook, but he could out-dribble anyone during basketball practice.

Trey could add, subtract, multiply and divide in his head, which was a good thing, because he couldn't keep up with his notebook and pencil. Poor Jack couldn't add two plus two, but he understood how to write a sentence better than almost anyone.

It turned out that everybody was good at something, but no one was good at everything.

It wasn't long before everyone was paying more attention to what they couldn't do, than what they could do. Jasmine stopped drawing her beautiful pictures, because she spent all her time wishing she was good at sports like Jerome.

Jack worried so much about being good in math like Trey, that he fell behind on his writing assignments.

Jerome just quit fishing altogether with his friends, because he got tired of trying to bait the hook with his great big hands.

Caroline became so obsessed with wanting to sing as well as Brianna, that she stopped going to the library for new books to read and just sat around doing nothing.

As the school year went on, Mrs. Sweetwater noticed her students were complaining a lot and not getting their work done as well as they had at the beginning of the school year. The more she watched, the more she began to understand the problem. After a few days, Mrs. Sweetwater knew what to do.

"Students, starting today, we're going to turn things upside down in our class. At different times this week, I want each of you to find someone who needs help learning to do what you can do. Trey, you can help Jack work on his multiplication tables. Jack, you can teach Brianna how to construct a good sentence. Brianna, you can help Caroline learn a new song. And Caroline, you can help Tommy learn how to enjoy reading the way you do, so he can finish assignments on time. You see, class we all have something we can teach someone else and something we can learn from someone else. That's what makes a good team. Not competing but cooperating."

It didn't take long for Mrs. Sweetwater's idea to catch on. By the end of the week, no one was worrying about what they couldn't do anymore. They were too busy teaching each other new skills. And guess what happened?

It turned out that everyone learned something new and got even better at what they already knew how to do well!

Just the beginning...

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Day 2 **MUSIC OF THE HEART**[®]

1. Read or watch “The Grinch Who Stole Christmas” as a class.
2. Lead your class in discussion, using the following questions as a guide.
 - *Why did the Grinch want to steal the Whos’ Christmas?*
His heart was “two sizes too small.”
 - *How do the Whos react when the Grinch steals their presents?*
They start singing even though everything is gone, because they know the true meaning of Christmas.
 - *What happens to the Grinch’s heart when he hears the Whos singing?*
His heart grows “three sizes that day.”
His heart gets so big, he doesn’t think about himself any longer. He thinks only of how he can help the Whos.

You’ll Need:

- *The Grinch Who Stole Christmas* by Dr. Seuss book or original movie

Day 3 **WRITING FROM THE HEART**

Ask your students to consider the following journal prompt and answer it according to your classroom writing requirements:

Think about someone outside your family who helps you. Describe who they are and what they do to help you. Why do you think they choose to help you?

You’ll Need:

- **Helping Others** activity sheet (1/student)

Day 4 CREATIVE CONNECTION

1. Give each student an activity sheet.
2. Ask students to think of the people around them who help them.
Encourage them to think of those at home, at school, at church, etc.
3. As students fill in the first two columns, ask them to think of ways they can help those who help them.
4. Encourage your students to tell the class about one of the special people they have described.

You'll Need:

- **Helping You and Me** activity sheet (1/student)
- Pencils

Day 5 TECH TIME

Interactive Whiteboard Activity on
MyManners Portal 

Can you set a record cleaning up this room?!

MANNERS IN ACTION

Whooooo will hang the **Happle** this week?



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