

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

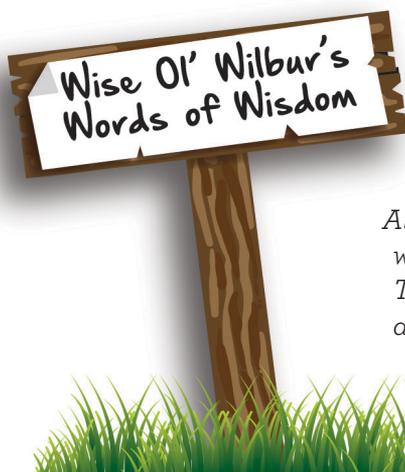
LOVE—Genuinely caring for others

REMEMBER



SKILLS AND OBJECTIVES

- Children will learn to look for others who might need their help.
- Children will learn to help their classmates and others by being a friend in a time of need.
- Children will discover the joy of helping others.



Always help those who are in need; That's how to be a friend, indeed!

GUIDING CHILDREN'S LEARNING

Begin the week with the new *Heart Attributes* and the *Merryville Story*. Encourage the children always to 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 Attributes*: KINDNESS and LOVE
2. It's Story Time! Read aloud or play the recording of *The Watchman of Merryville*. 
3. After the story, lead the children in the following discussion questions:
 - *Who was Nicholas? How did he arrive in Merryville?* Nicholas was a pirate who was shipwrecked during the storm that came to Merryville.
 - *What did he do when he thought people were not looking?* He stole things.
 - *What happened to Ol' McDonald? Who helped him?* Nicholas helped Ol' McDonald when he fell and broke his arm.
 - *What happened to Nicholas when he began helping out around the farm?* His heart began to grow. He returned the things he had taken. He started making good decisions. Others started calling him Cap'n Nick.
 - *Why did Nicholas want to help Ol' McDonald in the first place?* Ol' McDonald had treated him with KINDNESS, which caused Nicholas' heart to begin to grow.
4. Teach the students *Wilbur's Words of Wisdom* and recite them during the week.

MANNERS IN ACTION

1. Gather students around the **Happle Tree**. Ask them to identify and define the *Heart Attributes* that are already hanging from previous weeks.
2. Discuss the *Big Ideas* of the story.
 - *Our hearts can change by being helped and by helping someone else.*
 - *Helping others is something we can do both at school and at home!*
 - *Our hearts grow when we begin to help others.*
3. Help your students remember to do their duties for their family, using the **Duty Chart** activity sheet. Give each child a copy of the chart. They will bring the chart home to use and parents can help fill in their child's duties. As a duty is completed, they should color in the space under the day it was completed. Students may bring the chart back to school in a week to share how they helped their families.
4. The students who best exhibit LOVE and KINDNESS this week will get to hang the Happles on the Happle Tree! In today's lesson, students will begin to understand how the role they play at home and at school matters.

THE WATCHMAN OF MERRYVILLE

Once upon a time in Merryville, a terrible storm began to gather over the sea. Merryville was normally a very quiet town, but this storm was one of the most awful storms the town had ever seen. The sky grew dark, the wind blew hard and it rained all night. On their farm at the foot of Merryville Mountain, Mr. and Mrs. McDonald worried and waited for the worst.

The next morning, the sun rose over the big yellow farmhouse. The sky was clear and the birds were singing merrily. Ol' McDonald decided to go out and check on his animals, but to his surprise, he found a young man hiding in his barn! He was so wet that Ol' McDonald thought he must have climbed out of the sea!

It turned out that he had come from the sea! His name was Nicholas and he was forced to jump from his ship when it began to sink during the storm. Now, he had nowhere to live, so Ol' McDonald kindly invited him to stay with them and sleep in his barn.

Because the storm had left such a mess, Nicholas quickly found work cleaning up branches and other debris around Merryville. Everyone trusted Nicholas, but while he was working, he began to steal things from people and then hide them in Ol' McDonald's barn. You see, Nicholas was a pirate, and he had lost his treasure chest full of gold coins in the storm.

Two weeks after the young pirate arrived in Merryville, Ol' McDonald had a terrible fall and broke his arm. Nicholas saw that Ol' McDonald was hurt and decided in his heart to help the old man who had helped him. Without being asked, Nicholas did chores around the farm before going to work in Merryville. Soon, he and Ol' McDonald became good friends.

Now, it wasn't long before something started to change in Nicholas' heart. With each kindness to Ol' McDonald and the people of Merryville, his heart grew. He found himself wanting to help others, rather than hurt them. He even began returning the things he had stolen.

One morning after breakfast, Nicholas finally told Ol' McDonald that he was a pirate. "I want you to know, when I first came to Merryville, I was stealing from everyone; but you were kind to me. You taught me that giving is better than taking. I want to spend the rest of my life helping others just like you."

Ol' McDonald nodded his head and smiled and said, "I know just the job for you!"

The next day, everyone in Merryville gathered in front of the town's lighthouse. The Mayor of Merryville gave Nicholas the key to the lighthouse and announced his new name, "From now on, Nicholas will be called, Cap'n Nick, the Watchman of Merryville."

To this day, Cap'n Nick lives in the lighthouse by the sea, watching over Merryville and keeping everyone safe.

Just the beginning...



Looking For More?

Corduroy by Don Freeman
How does Lisa help her new friend Corduroy?



4 Helping Others

Day 2 **ART OF THE HEART®**

1. Give each student a copy of the activity sheet and some crayons. Ask them to draw a pair of eyes inside the heart. They may add other facial features such as a nose, rosy cheeks, a smile, etc.
2. Share the following thoughts:
 - *Do our hearts really have eyes?*
 - *What do you think it means to “see with your heart?”*
 - *Just as the eyes of Nicholas’ heart open to helping the folks of Merryville, the eyes of your heart can open, too.*
 - *When the eyes of your heart are open, you will look for opportunities to help others instead of hurting them.*
 - *The more you help others, the bigger your heart will grow, and the more you will want to help.*

You'll Need:

- **The Eyes of Your Heart** activity sheet (1/student)
- Crayons

Day 3 **MERRYVILLE MOVES**

1. Have your students consider how to help someone in two different scenarios:
 - Scenario #1**
Using a crutch or a cane, ask a child to pretend to have a broken foot. Ask the children how they could help a classmate who is using crutches or a cane.
 - Scenario #2**
Ask a child to stand alone on the playground. Ask your students what they could do to help a lonely classmate.
2. Close the lesson by asking students to think of other situations when a friend may need assistance. Remind them that helping others is one very important way to show that manners like KINDNESS and LOVE come from the heart.
3. Remind the students that we are looking for ways to show KINDNESS and LOVE this week!

You'll Need:

- Crutch or cane (optional)

Day 4 CREATIVE CONNECTION

1. Students will learn how to place an emergency phone call to 9-1-1. Explain the concept of 9-1-1 and that it is a phone number to use in very important situations.
2. Teach your students when to call 9-1-1 to help someone in the case of an emergency:
 - Call if someone in your home falls, and they can't get up.
 - Call if you cannot wake someone up from their sleep.
 - Call if someone is hit by a car.
 - Call if there is a fire.
 - Call if someone is getting hurt and you can't help them yourself.
3. Teach your students how to talk to the call-taker:
 - Speak loudly, slowly, and clearly.*
 - Give your first and last name.*
 - Tell them where you are (your address).*
 - Don't hang up until help arrives.*
4. If time allows, place **Penelope** on the floor and allow one of your students to help **Peter** “pretend” call 9-1-1 to get help for his sister.

You'll Need:

- **Peter** and **Penelope** puppets

Day 5 TECH TIME

Interactive Whiteboard Activity on
MyManners Portal 

Follow the clues to see how you can help others in your own home.

MANNERS IN ACTION

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



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LOVE—Genuinely caring for others

