

Helping Hands

Kindergarten – Fifth Grades
(Ages 5-10)

Step 1

Taking care of other people begins with taking care of yourself. Brushing your teeth, combing your hair, and bathing are just a few of the ways that you can take care of yourself.

Question

1. Can you name other ways of taking care of yourself?

* If not mentioned by the students, include vaccinations.

Step 2

Family and friends need help too. Offering to help with chores, spending time with a lonely grandparent, and helping friends clean up their toys are all ways to show you care.

Project

Create a coupon book using at least three slips of paper. On each slip have the student write one helpful thing they can do for a family member or friend, then ask that they complete the tasks that night at home or during school. Encourage the students to dedicate at least one task to a family member and one to a friend. The next day, have the students discuss, draw pictures, or write about their experiences using the coupon book.

Step 3

Volunteering in your town helps people who cannot help themselves. Some people need food, shelter, warm blankets and clothes, or someone simply to visit with when they are alone. Volunteering does not require money, just your time and a friendly smile.

Project

Find an organization in your community that welcomes young volunteers. If your school does not wear a uniform, ask the students to wear a specific color to help them stand out as volunteers. Parent volunteers may be needed to manage and assist small groups of students. Nursing homes usually enjoy having students visit with the patients who have been abandoned by their families. The next day, have the students tell or write stories about their experiences as volunteers. How does it make them feel to help their community?