

Helping Others

Pre-K

Sometimes we need help from another person. Sometimes we can help someone in need. Look at the two sculptures: **Lupe and St. Benedict the Moor by Arthur Lopez** (images to the right). How do you think these people might be helpers?

Lupe is holding a mop and a jug of cleaner. What might Lupe's job be? How is Lupe a helper? In what ways are you like Lupe? Just like Lupe, you can help keep your home and classroom clean. You can also help keep germs from spreading by washing your hands! Helping keep spaces clean is a great way to be a helper. St Benedict the Moor is wearing a white coat, has a stethoscope around his neck, and holds a shot in his hand. He might be a doctor. How do doctors help us? In what ways can you help like a doctor? Doctor's help people feel better when they are sick. Just like a doctor, you can help a friend or family member feel better when they are sad, hurt, or angry.

There are helpers all around us! Who are the helpers at your school? Who are the helpers in your home? Who are the helpers at the grocery store? You can be a helper, too. Helping others shows our friends and family, and other people in our communities, that we care about them! How are you a helper?

Activities for Students

Read: Little Blue Truck by Alice Schertle

Gather a collection of about 20 toys or objects and spread them out around the room. Ask one student to collect all the toys and put them in the basket. Redistribute the toys. This time, ask the same student to collect the toys, but ask other students to help as well. Discuss how helping others makes us feel good, and being helped by a friend feels good, too.

Demonstrate how working together makes things easier with balloons:

Give each student a balloon. Tell them the challenge is to keep the balloon from touching the ground for as long as they can, independently. Balloons will likely hit the floor after a few taps of keeping it up. Next, have students work together to keep one or two balloons in the air for as long as they are able. Working together, students will get more taps on the balloon before it touches the floor.

Brainstorm community helpers. Discuss and role play how these helpers support their communities. Encourage dramatic play with community helper dress up clothes.



Art Making Activity

Helping Hands Tree

Materials:

- Colored paper cut into large hand shapes
- Crayons or markers
- Glue
- Large piece of paper with tree drawn on it

1. Talk with students about how we all can be helpers in the classroom and the community.
2. Invite students to draw themselves helping out a friend, family member, or in the classroom on a large cut-out hand.
3. Students share how they can lend a helping hand and glue their hand to the tree, high-fiving it as a symbol of commitment to lending a helping hand.
4. Step back and look at the tree full of ways to help!