



HELPING

Objective: To raise awareness of the importance of looking after one's surroundings and having a good attitude to helping

Key Words: biscuits, knock

Materials needed: Music for Silent Sitting and Song
Worksheet on page 92 or paper
Pencils, coloured crayons

WARM UP GAME

Crocodile game

Choose one child 'A' to be the crocodile and one other 'B' to cross the river. All the other children sit with their hands in their laps and legs crossed on the floor - pretending to be pebbles or rocks in the river. The child chosen to be 'B' tries to cross the river safely. If the crocodile is touched, it rears up silently ready to pounce and a new child takes the place of 'B'.

QUIET TIME

Sit down slowly and cross your legs. (*Children sitting where they were standing*).

Sit up with your backs straight.

Hands on your knees.

Everyone take a deep breath in ... and out ...

This time let's try it quietly ...

Keep every part of your body still and hear how quiet the room is.

If you want to, close your eyes (*Pause for 5 seconds*)

Listen to the sounds outside the classroom ...

Raindrops ... wind ... birds ... a dog barking ...

Think of ways you can help at home ...

Think of ways you can help at school ...

Slowly release your body and open your eyes and smile.

Now stand up quietly and come close together. Sit down.

Discussion:

What noises did you hear? Discuss.

What did you think of when you were sitting quietly?

How did you feel?

Put your hand up if you enjoyed quiet time.

STORY TELLING

HELPING HANDS

by Jacqui Robinson

Rosea heard her mother calling from the next room. “Where are my helping hands? I need help to clean the bedrooms today.”

Rosea didn’t want to help so she hid under her bed. Rosea’s mother couldn’t find her, so she cleaned all the bedrooms except Rosea’s. While her mother was busy, Rosea crept downstairs and went into the garden. She ran down the end, hoping her mother would not see her out of a window before she reached her swing. Later, when she saw her mother in the kitchen, she thought the cleaning would be finished, and she was tired of playing outside, so she went in.

“Rosea, I was calling you earlier. Didn’t you hear me?” her mother asked.

“No, Mummy.” Rosea lied. “I was playing down the end of the garden on my swing.”

“I was cleaning the bedrooms. You know that your auntie and cousins are coming to stay tomorrow. I left your room until last. I haven’t been able to clean it, or to make your favourite biscuits. There wasn’t time. I missed your helping hands.”

Rosea felt bad. She liked her room to be clean. When it was clean and tidy, it looked so very nice. Her friend, Georgina, loved to come and play with her in her room. Georgina always admired Rosea’s nice clean, tidy room which made Rosea feel good. Georgina’s room was always messy, even when she did tidy it, her baby sister would come in and pull things out of the cupboard and mess it up again. Rosea was about to say sorry when a knock came at the door. It was Georgina who had come to play. Rosea’s mother said they could go up and play in her room. Now Rosea was even more sorry that her room was untidy.

As she ran out of the kitchen, her mother said, “Just one moment, Rosea. There is fluff on the back of your cardigan. You hid under the bed when I called you to help, didn’t you?” Rosea felt so terrible that she started to cry. “You not only wouldn’t help me, but you told a lie as well, and it hasn’t made you feel good, has it?” continued her mother sternly.

“I’m sorry,” sobbed Rosea.

“I don’t think you will want to do it again, now you know how bad it feels. Now go upstairs with Georgina. Perhaps she will help you to tidy up after you have played and you can help me clean the room tomorrow before our guests arrive.”

Rosea’s mother thought that Rosea had learned her lesson and decided to show her how much she loved her by making some biscuits for the two girls. Rosea always remembered how bad she had felt when she did the wrong thing and was always tried to do the right thing after that.

QUESTIONS:

1. Why did Rosea feel bad?
2. How could Rosea have helped her mother?
3. Who can say a job they help with at home?
4. Who can say a job they help with at school?
5. Who else do you help?
7. How did you feel when you heard the story?
8. Does it remind you of anything in your own life?

GROUP SINGING

THE BODY SONG

(music by Sara John and Stuart Jones)

Let my head feel peace,
Let my eyes see good
Let my mouth speak only truth.
Let my hands always help,
Let my feet move to serve,
Let my self be always used by my heart
Always full of love.

GROUP ACTIVITY

1. Make a chart displaying daily jobs at school (include each child).

Jobs may include:

- watering plants
- changing the calendar
- putting out snacks
- changing the flowers
- helping at lunchtime
- feeding the fish, etc.

2. Hands are for helping

Give each child a copy of the worksheet on the next page and ask them to draw round their hands and colour each finger with the colour of the corresponding job they do. One hand for school and one hand for home.

Alternatively, give them sheets of clean paper so that they can draw round their hands and write in each finger, or underneath, the job that they do, or will do in the future, to help at home.

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, "I will be helpful at home and at school."

HANDS ARE FOR HELPING

FIVE FINGERS AT HOME

Draw round your right hand

Watering the plants
- colour finger green

Laying the table before a meal
- colour finger mauve

Stacking plates in kitchen
- colour finger red

Tidying the books
- colour finger blue

Putting away toys
- colour finger orange

Dressing yourself
- colour finger yellow

FIVE FINGERS AT SCHOOL

Draw round your left hand

Watering the plants
- colour finger green

Changing the calendar
- colour finger yellow

Putting out snacks
- colour finger mauve

Stacking plates away neatly
- colour finger red

Changing the flowers
- colour finger pink

Feeding the fish
- colour finger brown

Tidying the books
- colour finger blue

Putting away pens and crayons - colour finger orange