

A Helping Hand

Students in this age group are natural helpers. However, their help is not always directed in a constructive way. This project will provide tangible ways for them to practice helpfulness with the teachers and other administrative professionals in your school. Before you start, choose a class reward for completing this project, such as a pizza party, movie day, etc.

Caring Sub-Concept(s)

Helpfulness, Kindness

Project Timeframe

30 minutes initially, will vary afterwards to complete each helping hand task identified.

Required Materials

- Index Cards
- Simple stamps or stickers (4-5 different types)

Provide each student with an Index Card and label it Mr/Miss Helpful on one side. On the back, divide the card up into 4 sections. Your class will work together to identify 4 people they would like to help within the school.

This age group will need assistance with this. Here are some examples:

- The front desk
- The art teacher
- The PE teacher
- The janitor
- The principal

After they have identified who they want to help, have the entire class invite each person to the class for a quick helpfulness chat. Ask each guest, “How can Mr/Mrs. _____’s Kindergarten class help you? It may be helpful to prepare each person before they come to class so they have simple ideas that your class can complete. Examples might include:

- Sort paper for the art teacher
- Organize supplies for the PE teacher
- Wipe down the sinks for the janitor

Each week, choose one helpful task to complete as a class. After you are finished, have the teacher or other adult give each student a stamp or sticker on their Helpfulness Card. Repeat this activity until all 4 helpful tasks have been completed and all 4 boxes on the Mr./Miss Helpful cards are filled.

Note: Make sure to designate a safe place for the cards so they do not get lost!

Extension Ideas:

- Each day after you provide the stamps, have a mini celebration dance party. Provide the class with two song choices and vote. After the vote, take 2-3 minutes and dance!
- Ask the teachers that received the help to write a thank you card expressing their gratitude!

Celebrate! Your helpfulness has spread kindness throughout the school!



DESIGNATED BY CASEL
AS A RECOMMENDED
PROGRAM FOR SOCIAL
AND EMOTIONAL
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

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