

# Helpfulness Grab Bag

KINDNESS BEYOND THE CLASSROOM™  
WHOLE GROUP • OPTION 2 • CARING

## Lesson Timeframe

15-20 mins

## Materials

- ❑ A bag
- ❑ 1 sheet of paper or 5 index cards
- ❑ Caring poster (optional)



## Share

Discuss that caring for others is something we can practice each and every day. When we practice helpfulness, we are caring for others. Define caring: CARING IS FEELING AND SHOWING CONCERN FOR OTHERS. (Show the Caring poster if desired.)

Brainstorm people you might help out throughout your day.

- Who did you help this morning?
- Who might you help today during your time here?

Aim for a list of 8-10 people. Make sure to include answers from a variety of age groups.



## Inspire

We practice caring every single day of our lives, but we might not think about it. How we treat others and how we show concern when they are hurt, upset, or sick are concrete ways that we demonstrate caring. When we care for others through our helpfulness, we are also showing them kindness and respect.

Explain that today we will identify different ways to help others whom we see on a daily basis. Sometimes it can be easy to overlook the people you live with or see everyday. However, we can and should take time to help them as well, even in little ways!



## Empower

Using the location cards on the following page, have each student select one card at random (can be placed in a bag or flipped face down if desired). Have students announce their location and complete the following prompt: **“I can be helpful at/in \_\_\_\_\_(insert location) by...”** Have each person place their selected card back in the bag and rotate to the next person.

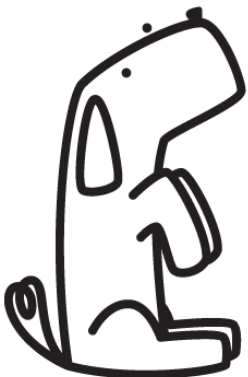
Repeat until every student has had a chance to participate.



## Reflect

Guide a whole group conversation around CARING and HELPFULNESS.

- What is caring?
- What does helpfulness look like to you?
- How can you help others, even in small ways?
- What might happen if we choose to ignore others that need help?



AT HOME	AT SCHOOL	IN THE PARK	ON THE PLAYGROUND	AT THE GROCERY STORE
AT A FRIEND'S HOUSE	AT THE LIBRARY	ON THE BUS	ON THE PLAYING FIELD	AT THE MALL
AT A COFFEE SHOP	AT OUT OF SCHOOL TIME	IN THE CAR	IN THE HALLWAYS BETWEEN CLASSES	IN THE CITY

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