

My Happy Helpers

WRITTEN

To encourage students to think about how people in their lives and in the community have helped them throughout the year and how they can help others in their daily lives, reflecting on the positive impact their actions can have.



Learning Intentions

I can identify ways others have helped me this year:

This encourages students to think about acts of kindness and how helping others can brighten their day.

I can reflect on the impact of helping others:

This helps students understand the emotional effects of helping others and how it contributes to creating a positive environment.

I can express my ideas about helping others through writing and drawing:

This allows students to communicate their thoughts on kindness and helping others creatively.



Success Criteria

Identifying different people who have helped me this year:

Students can identify numerous people who have helped them with something this year.

Explaining How Helping Others Will Make Them Feel Happy:

Students can explain how helping others will make them feel happy, encouraging them to reflect on the emotional benefits of kindness.

Expressing the Plan to Help Others Creatively:

Students can express their plans to help others through writing or drawing, helping them express their ideas in a meaningful and creative way.



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Objective: To encourage students to think about how people in their lives and in the community have helped them throughout the year and how they can help others in their daily lives, reflecting on the positive impact their actions can have.

Players: Perfect for small groups, classrooms, or family settings.

Materials:

- Paper
- Coloured Pencils, markers, or pens

Setup: Provide each student with a piece of paper and access to coloured pencils, markers, or pens. Encourage students to think about the people in their lives who have helped them at some point this year. Encourage students to cast their thinking net wide, include, family members, friends, teachers, sports coaches, someone working in a retail shop etc.

Gameplay:

1. **Think About How Someone has helped them this year:** Ask students to reflect on all the people who may have helped them with something so far this year. This could be a friend, family member, classmate, a retail worker or anyone in their life. Examples might include someone teaching them a new skill or helping them choose a new pair of school shoes.
2. **Write or Draw About How You Have Been Helped:** Have students write or draw about all the ways in which people have helped them so far this year. As they are writing about or drawing about each person and the helping act that was done for them encourage students to reflect upon how it has impacted their lives this year, what resulted from the helping hands they have been given? Students can list these next to their drawings if they like.
3. **Reflect on the Impact of Helping:** After completing their activity, students can share their ideas and reflect on how it felt to be helped by those people. They can discuss how small acts of kindness can have a big impact on people. It will also serve as a great way to foster gratitude for those people who are supporting and helping them throughout the year.



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Reflection Prompt:

- How did someone's act of kindness make you feel when they helped you?
- Why is it important to help others?
- How does it make you feel when you help someone?

Winning the Game: There is no winner in this activity. The goal is to reflect on and practice kindness, contributing to a positive atmosphere where students focus on making others happy and taking the time to appreciate those around them.

Additional Notes: My Happy Helpers encourages students to think about kindness as a daily practice and recognise the joy it brings to both the giver and the receiver. This activity helps foster empathy, connection, and the understanding that small actions can make a big difference in the lives of others. By reflecting on how they can make others happy, students learn the importance of community and support.

