

# Who's Helping Me?

This project is similar to the classic Secret Santa game many of us have experienced. The premise of that game is that you choose a name and then secretly gift the person without ever identifying yourself. This project is similar, although it focuses on helpfulness rather than a concrete gift. Each student will focus on random acts of helpfulness for a randomly chosen peer throughout a full school week. The catch is to not get caught being helpful. It will take some thought on how to help others without being asked or ever being acknowledged.

**Caring Sub-Concept(s)**

Helpfulness, Kindness

**Project Timeframe**

25-30 minutes

**Required Materials**

- Varied depending on act of kindness decided upon by students



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

See last page for details.

**Note:** Many, many students will most likely get caught and that's okay! The important part is that you are not trying to be noticed. This is not about getting praise for your helpfulness, but rather helping without being asked or acknowledged!

**Step 1:**

As a class, brainstorm some ideas on how to be helpful to others. What are some things I can do for others without them asking? (Examples may include: push in their chair, pick up garbage, sharpen their pencil, etc.). You may want to discuss some boundaries for this project: personal spaces such as coats, backpacks, and inside desks are off limits.

**Step 2:**

Have each student randomly select the name of another student in class. You can use popsicle sticks with names on them or just place all the names in a hat. This will become the secret person to help. Remember: the goal is to help without getting caught! How can you help without being asked or being acknowledged?

**Step 3:**

Allow students a week to help their classmates. It may be helpful to write down who each person chose so you can encourage them throughout the week. At the beginning of each day remind students to seek out extra special ways to help their chosen friend. Give ideas based on your schedule.

**Step 4:**

At the end of the week, have each person share one way they received anonymous help. In addition, have each person reveal his/her secret person and at least one way they tried to help them.

**Extension Activity**

As a class, select another class in the school and repeat this activity by doing little acts of helpfulness for them throughout the week!



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.

<https://casel.org/guide/kindness-in-the-classroom/>