

# 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 ways to help out the principal of the school (you can select an alternate person if desired).

Have the entire class invite the principal to the class for a quick helpfulness chat. Ask them, “How can Mr./Mrs. \_\_\_\_\_’s Kindergarten class help you? It may be helpful to prepare the principal before they come to class so they have simple ideas that your class can complete. Examples might include:

- pick up trash around the school property
- greet people as they enter the school after recess
- sort papers
- wipe down sinks
- organize supplies

Each week, choose one helpful task to complete as a class. After you are finished, have the principal 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!

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](https://casel.org)) 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/>