

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!



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/>