



## Happy Helping Hands Worksheet

### TEACHER GUIDANCE SHEET

#### Required Material:

- ▶ Blindfolds
- ▶ Obstacles for the obstacle course
- ▶ The Happy Helping Hands worksheet

#### L.O:

- ▶ I understand the importance of helping others.
- ▶ I understand how helping others can make me feel.

#### STARTING ACTIVITY (5mins)

**GROUP DISCUSSION** – As a group talk about times when we have looked out for each other and why it is important that we do.

#### MAIN TEACHING (10mins)

Once the group discussion has concluded, highlight some of the examples of when the children have helped someone else, or looked out for a friend or family member. Ask them why they did this, and what compelled them to help.

Tell the children that not only is being helpful and giving to others a good thing to do, but it also makes us feel good as well. The act of giving lights up the areas of the brain related to pleasure, so the more we give or help the better we and others feel.

Helping or giving can come in the form of many things, from grand gestures like donating to a charity or buying big gifts for someone, to little things such as holding a door open or just smiling at someone.

#### MAIN TASK - Best-Laid Plans (15mins)

**GUIDANCE:** This activity requires setting up a very simple obstacle course (or series of courses) in the room. The children will also be blindfolded for the exercise for a short time. If any of the children are not comfortable with this then they

can just act as one of the guiders.

In today's task we are going to be challenged with the responsibility of someone being entirely dependent on us for guidance and help. Split the children into twos or threes and have them take turns to be blindfolded.

Those who are not blindfolded must use directions such as 'left' 'right' 'straight' 'back' etc, to guide their partner around the obstacle course that has been set up in the room, and successfully navigate them to the other side of the room.

Tell the children that this is to demonstrate both having trust in someone else and also the importance of helping others achieve a goal or avoid danger. If you want to add some competition then you can tell the children that the first to reach the other end of the room is the winner.

#### PLENARY (2mins)

**GROUP DISCUSSION** – Together discuss how being blindfolded and guided felt, and how it felt to successfully help someone else be guided across the room.

#### DID YOU KNOW!

It is generally agreed that all dinosaurs were wiped out by an asteroid. Find out more about this extinction event in the science lesson.



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CHILDREN'S SHEET

In twos or threes take turns in wearing the blindfold and let your partners guide you through the obstacle course to the other side of the room, and then you must guide them. Be careful when guiding your partner that you avoid all obstacles and get them to safety. Think about how it feels to help someone else in such a way, and how it feels to be helped.

