

I Help

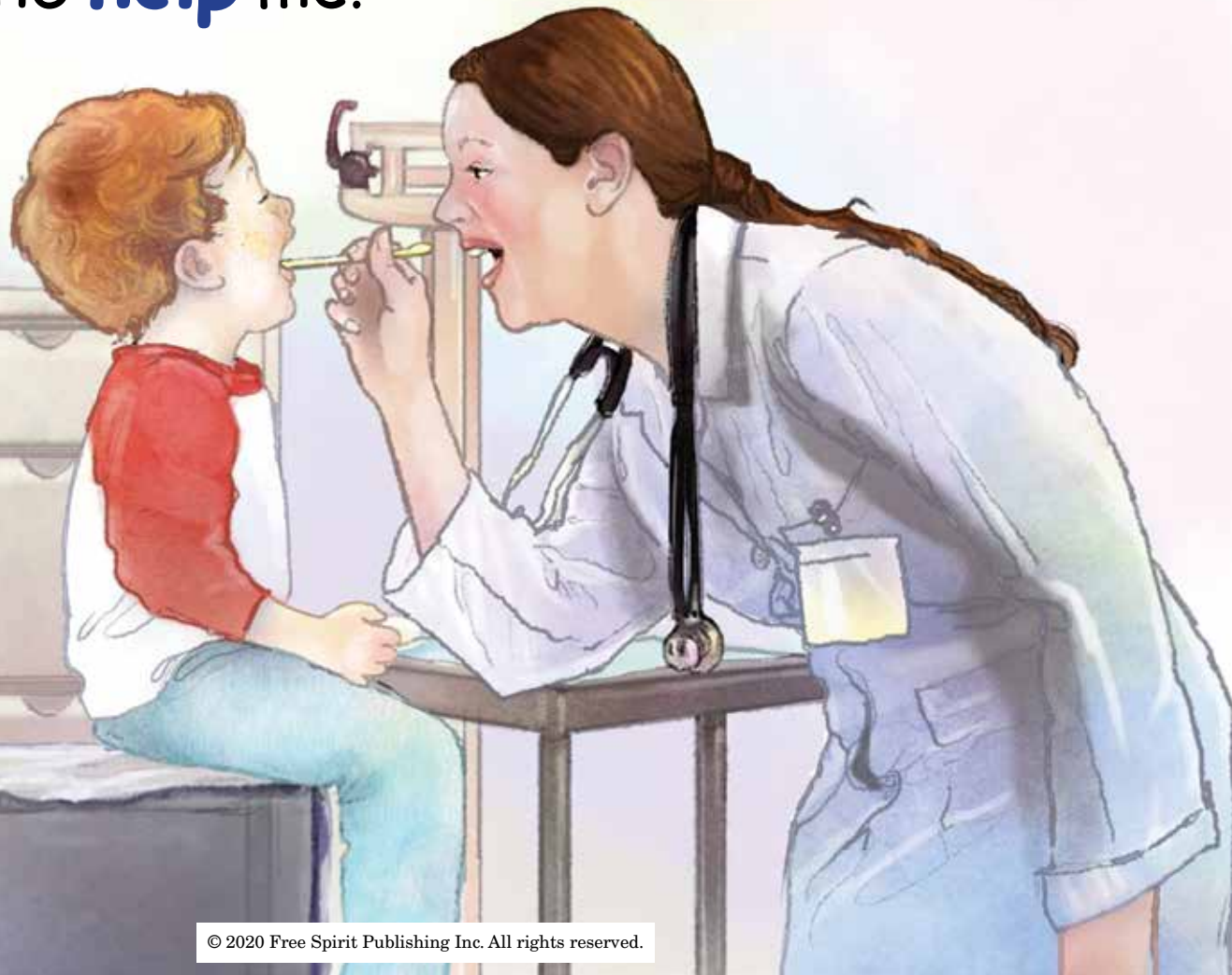


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Cheri J. Meiners, M.Ed. • Illustrated by Penny Weber

I know lots of people
who **help** me.





People in my **family**
are my biggest helpers.

Tips and Activities for Encouraging Children to Help Others

Toddlers often respond naturally to the needs of others and want to give comfort and help. As they see family members, teachers, and community helpers helping them, they may want to imitate grown-ups and do helpful things as well. Through sharing this book and seeing kind examples, children can learn simple, ordinary responses that show empathy and caring to those around them. To start, read and talk about the book and these ideas. **I can be a helper when:**

I **see** that someone needs help.

I **ask** how I can help.

I **think** of a way to help.

I **say and do** kind things.

Questions to Talk About

- “What is this?” “What’s happening?”
- “How do you think this child feels?”
- “Have you ever done this? What happened?”
- “Who can help you?” “Who are some of the helpers who help us?”
- “What can you do to help someone else?”

Helping Role Play

Talk with children about what they can say or do if they see that someone needs help. Then practice scenarios of helping someone. Use two puppets, dolls, or action figures to show a scene of someone in need and a helpful response.

Use one puppet to state a problem, such as: “I hurt my knee.” “It spilled.” “I can’t do it.” “I feel sad about . . .” Demonstrate a response with the other puppet, and then let the child imitate or show another response. Sample responses:

- Say something reassuring. (“Are you okay?” “What can I do?” “How can I help you?” “It’s going to be all right.” “I’ll help you.”)
- Give the person a pat or hug.
- Say, “Let’s get help.” Get a grown-up who can help.



10 Tips for Teaching Young Children About Helping

1. Show children examples of kindness and generosity.
2. Point out needs you see as they arise at home or in your group setting. This helps children become aware of physical, social, and emotional needs around them.
3. Help children notice opportunities to help.
4. Help children think of ways that they can respond and help.
5. Assist children in helping someone.
6. Affirm children when they help someone else.
7. Encourage children to follow up on a need later. For example, they might ask someone, “Are you feeling better?”
8. Teach children to ask questions to determine another person’s need.
9. Let children know you are available to help them in their kind efforts.
10. Help children find ways that they can help in the community. (Refer to the online suggestions.)

For additional ideas, go to freespirit.com/2help; use the password **helper**.

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