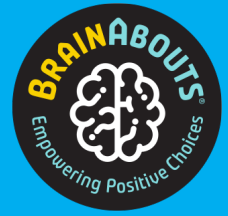


# Helpfulness - Pre-K to 2nd Teacher Guide



## What is Included

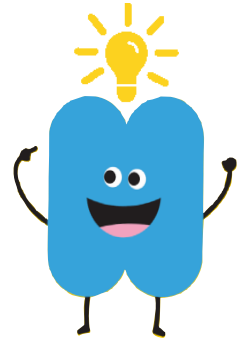
The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with challenging situations. In this guide you will find: Connection Questions associated with the video, independent practice guidance, and extended learning opportunities. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity below.

### Viewing the Video

- Watch the video together with the students.

### Student Activities

- Connection Questions (before, during, and after the video) - 5-10 minutes.
- Fun Challenge, Student Activity, Drawing and Coloring Worksheet - 5-15 minutes.
- Extended Learning - 10 minutes.



## Connection Questions and Checks for Understanding

### Before the video 2-4 minutes

- Ask students: "Describe a time someone was unfair to you, how did you feel?"

### During the video 3-5 minutes

- Pause the video periodically to incorporate Checks for Understanding (CFU).
- Ask students: "What is Helpful doing to be helpful?"

### After the video

- "Which part of the brain helps us think about being helpful to others?"  
(Answer: Frontal Lobe)
- "How can you be helpful to your friends?"
- "How can you be helpful to your family?"

### Independent Practice



#### Fun Challenge Worksheet

- Exciting introduction to the activities ahead.

#### Drawing/Coloring Worksheet

- Students can express themselves and relax their minds.

#### Student Activity Worksheet

- For grades 1st and 2nd.

## Extended Learning

### Read and Discuss

How is helpfulness demonstrated in the following books:



How to Help a Friend  
By Karl Newson

Just Help! How to Build a  
Better World  
By Sonia Sotomayor

10 Things I Can Do to Help  
My World  
By Melanie Walsh

Just for Me  
by Jennifer Hansen Rolli