

Caring

Overview:

Ages: 4-6 years

Children are prompted to think about the needs of others and to provide help without being asked. Their experience providing help is reinforced by drawing and/or writing about it.

Materials:

One photocopy of the ["Who Needs My Help"](#) worksheet for each child



Procedure:

1. Discuss what it means to be a caring person. Emphasize that caring people don't wait to be asked to help others—they do nice things on their own.
2. Meet with each child individually to fill out the "Who Needs My Help?" worksheet. Tell them to think about someone in their life who could use their help. Offer suggestions if they can't think of anyone (e.g., a parent at dinner time, a younger sibling who can't dress him/herself, a friend who lost a toy, etc).
3. Fill out the worksheets with them (or, if you feel they're capable, have them do it a homework assignment). Say: After you've helped your person, draw a picture on the worksheet showing how it looked.
4. Gather the worksheets and have the children share their pictures.
5. Consider making this an ongoing activity by replenishing the worksheets as the children turn them in. Or provide rewards to those who complete a given number of worksheets