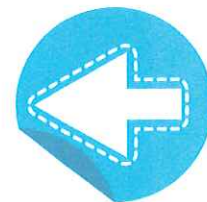
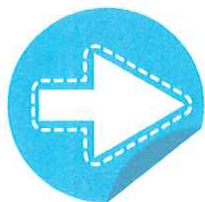
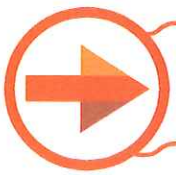




Here are three fun ways to teach your Helping Hands to be caring friends. Adapt the activities to meet the needs of your Helping Hands or create your own activities.





The following activities partially fulfill the requirement for My World I: The World of Friends, which is to complete the Caring Friend award. See the Helping Hand Activity Book for accompanying worksheet(s).

ACTIVITY

1

Introductions and Applause

10

MINUTES

MATERIALS NEEDED

- Paper
- Pens or pencils

WHAT YOU DO

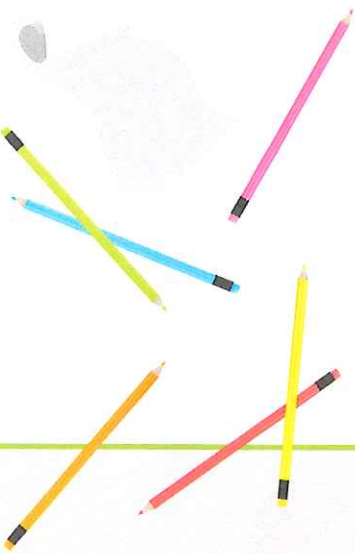
Read I Peter 5:7 (NLT): “Give all your worries to God, for he cares about you.” Talk about how God cares for each of them, then discuss ways they can care for others. One way to care for others is to be a good listener and get to know people.

Pair the children up, giving them paper and something to write with. One child will ask the following questions and record the other child’s answers:

- When is your birthday?
- What is your favorite animal?
- What is your favorite color?
- What are two things that are important to you?
- What was the last trip you took?
- What is one fun thing you like to do?

Now switch and have the other child ask and record the other child’s answers to the questions.

Now have a few children at a time line up behind a door. (Make sure that both partners are not in the line at the same time.) As a child in line steps through the doorway, his or her partner will make an enthusiastic introduction, sharing the answers to the questions they talked about before. (You’ll want to model this before having the children do it.) Once the child is introduced and comes through the door, all the children wildly cheer and applaud. Continue until everyone has been introduced.



Caring Friend Skits

WHAT YOU DO

15

MINUTES

2

ACTIVITY

Begin by having the Helping Hands repeat 1 Peter 5:7 from the previous meeting. Explain that doing a “random act of kindness” means doing something kind to help or cheer up another person. Discuss the idea of random acts of kindness as a way to show others you care about them. Give some examples of random acts of kindness.

Examples of random acts of kindness:

- Let someone go ahead of you in line.
- Make someone else’s bed.
- Leave a thank you note for the trash collectors.
- Smile at people.
- Say hello to the new kid at school.
- Sell lemonade and donate the money to charity.

Now ask the children for additional ideas of random acts of kindness. Then divide the children into small groups of three or four. Have each group write and perform a random act of kindness. The skit should include the random act and the person’s response to receiving the act.

Once the skit is over, give the children note cards and have them write down at least three random acts of kindness they will do the following week.

MATERIALS NEEDED

- Box of props
- Paper
- Pencils
- Blank note cards



ACTIVITY

3

Everybody In!

20

MINUTES

MATERIALS NEEDED

- Hula hoops or rope taped down to form circles

WHAT YOU DO

Start by asking the children what they've learned about being a caring person. Ask how they feel when they are excluded from an activity. Then explain that one way to be caring is to include others in activities. To help them remember this, they are going to play games that include others. Their responsibility during the games is to make sure everyone plays and is involved.

Popcorn

You call out a number and an object. The children quickly form a group with the number you said and make the object using their bodies. For example, if you said "Three, washing machine," the children would get into groups of three and make a washing machine. They might do this by having two of the children form a circle with their arms while the other child spins around between their arms. (You might need to model this to help the children get the idea.) Ideas for objects: rocking chair, popcorn popper, toaster, car, mailbox, oak or palm tree, elephant, waterfall, giraffe, ostrich, lawn mower, piñata, bicycle, tent.

Once each group has made the object, call out the next number and object. End by yelling, "Everyone, roller coaster!"

This activity was adapted from creativekidsathome.com.

Hula Hoop Game

To begin the game, place the hula hoops flat on the floor and have one adult in charge of starting and stopping the music. As the music begins playing, have the children walk around the hula hoops. When the music stops, the children run to a hula hoop and stand inside of it. Begin the music and remove one hula hoop. Stop the music again and have the children stand inside the remaining hula hoops. Continue removing hula hoops each time the music stops until everyone is standing inside of one hula hoop. Some of the children can be outside of the hula hoop if they are holding onto another child inside a hoop. The children will need to work together to include everyone.



Award: Caring Friend

To complete this award, check the requirements on p. 131 and add activities as needed.



Requirement: My World I