



Meeting 11 Helping Hands



Here are some fun activities that encourage Little Lambs to play and explore while learning to help others. Adapt the activities to meet the needs of your Little Lambs or create your own activities.



MEETING LENGTH

60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about being helpful.

STAR COMPLETED

SPECIAL HELPER



NOTE: Requirement #5 of the Special Helper star requires the child to help a family member with a special chore for one week. This will need to be done outside of the meeting time. You may want to send a check sheet and stickers home with each family. Include a place to write the child's name and chore, and a place to put a sticker each time the child does the chore.

Lamb Tales

10

MINUTES

BEING HELPFUL

Begin story time by holding up a variety of objects used to clean the house and ask the children to tell you what they might clean with each one. Now explain that today they will learn about a way to help at home and that is to help with chores. Then read the book you selected. Depending on the book you read, you may want to have the children act out the motions to cleaning activities in the book as you read.

MATERIALS NEEDED

- *Let's Clean My Room* by Victoria Guine Uboh (AuthorHouse, 2005) or a book of your choice
- Cleaning supplies





The following activities fulfill the requirement for My Family II, which is to complete the Special Helper star.

This Is the Way We Help at Home

10
MINUTES

1 ACTIVITY

MATERIALS NEEDED

- A box of props for each child (suggested props: brooms, toys, dust rags, sponges—the children can also make the motions of the cleaning activity rather than using props)

WHAT YOU DO

Ahead of time: Place one prop for each verse of the song in a box. You'll need a box of props for each child.

Begin by modeling (singing a verse and doing the actions) the song "This Is the Way We Help at Home." You may be more familiar with this song's original title, "Here We Go Round the Mulberry Bush." But if not, go to kididdles.com/lyrics/m014.html. For each verse, you'll use a motion that represents the activity for that verse. You can also create your own verses to match the Lamb's Tale story you read or activities that are relevant to your kids and community. Sing each verse more than once.

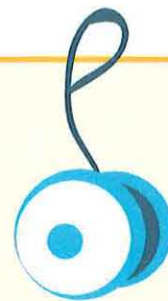
Suggested Verses

This is the way we sweep the floor,
Sweep the floor, sweep the floor.
This is the way we sweep the floor
So early in the morning.

This is the way we pick up toys,
Pick up toys, pick up toys.
This is the way we pick up toys
So early in the morning.

This is the way we dust the house,
Dust the house, dust the house.
This is the way we dust the house
So early in the morning.

This is the way we wash the car,
Wash the car, wash the car.
This is the way we wash the car,
So early in the morning.





ACTIVITY

2

Ways I Can Help

10
MINUTES

MATERIALS NEEDED

- Sheets of construction paper, 9 × 12 in (23 × 30.5 cm)
- Stickers of cleaning activities or things to clean
- Glitter glue sticks
- Crayons



WHAT YOU DO

Ahead of time: Place stacks of construction paper, glitter sticks, stickers that represent cleaning activities, and crayons within easy reach of all of the children at each table.

TIP

If you can't find stickers, cut out pictures from old magazines and let the children glue them onto the paper.

Make a sample project to show to the children. (Place stickers randomly on the paper. Then using the glitter sticks and crayons, fill in the empty spaces on the paper.)

Show the children a completed collage. Encourage the children to have fun and to fill up their sheets of paper any way they want.



You're doing great!



Watch Me Help

20
MINUTES

WHAT YOU DO

Ahead of time: Set up several areas with actual cleaning activities for the children.

If you have a large group of children, you'll want to divide them into smaller groups and rotate them through each activity. If not, you can let the children select what they want to do. Just make sure all the children get the opportunity to try all the activities and that one child doesn't dominate an activity.

Encourage the children to try activities more than once.

3 ACTIVITY

MATERIALS NEEDED

- Items for activities centers (see box below)

Suggested Activity Centers & What You'll Need:

Washing and Drying Dishes

- Tubs with water
- Sponges and dish towels
- Plastic plates, cups, forks and spoons

Sweeping

- Brooms and dust pans
- A variety of dry items to spill on the floor, such as beans, macaroni, small shells, and popcorn kernels

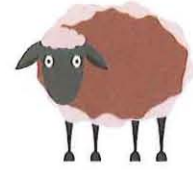
Gardening

- Tubs with soil
- Hand rakes (small ones like children might use at the beach)
- Seeds to plant (large seeds like sunflower or pumpkin seeds)
- Watering cans (no water)

Cooking

- Large plastic mixing bowls, wooden spoons, plastic measuring cups, and spoons
- Containers filled with beans, dried pasta, oats, and raisins





ACTIVITY

4

Sewing Fun

10

MINUTES

WHAT YOU DO

Ahead of time: Cut several shapes out of poster board. Then use a hole punch to evenly space holes along the outside of the shape. Cut out pieces of yarn long enough to weave in and out of the holes for each shape. In order to hold the children's interest, you'll need to have a variety of shapes and colors of yarn for the children to use.

MATERIALS NEEDED

- Poster board
- Hole punch
- Yarn
- Scissors

TIP

You can trace shapes such as puppies, kittens, balloons, stars, and cars from coloring books onto the poster board.

Begin by showing the children how to sew a button onto a piece of fabric. Then show them how they are going to sew by weaving yarn through the holes on the cut-outs provided. You may want to let the children take home one of the cut-outs and some yarn.

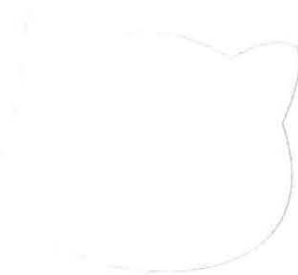


Good-baa Little Lambs

5

MINUTES

Gather the children into a circle and ask them a specific question about what they learned during Little Lambs. Example: What is one way you can help at home? Sing "Jesus Is My Shepherd" (p. 175) and then rejoin the rest of the Adventurers for your closing program.



Star: Special Helper



Requirement: My Family II