



Self-Awareness

ABOUT MORNINGSIDE CENTER

Morningside Center for Teaching Social Responsibility's evidence-validated programs engage young people in learning essential social and emotional skills and help educators build productive and respectful schools. The 4Rs Program combines superior children's books with engaging SEL activities that explore community, feelings, relationships, conflict, and problem-solving, adding depth to literacy instruction.

A Time I Helped

By: The 4Rs



A Time I Helped

Note to the teacher:

A Time I Helped is an excerpt from The 4Rs™ [Reading, Writing, Respect & Resolution] *Teaching Guide for Grade 1, Unit 7, Making a Difference*, p.98.

Time: 15 minutes

Materials: drawing paper and crayons or markers

This activity comes at the end of a unit where children have been introduced to the ideas that every individual has worth; that we can all work together to make the world safer; and that even the smallest person can do something to make a difference. You might use this activity after a read-aloud that features someone helping someone else, human or animal!

Ask your students:

- What have you done recently to help someone else? [It can be a small deed, perhaps taking out the trash or setting the table.]
- What have you done to make the world a better place? [Again, it can be a small deed: having lunch with a new student, sharing a treat.]

Call on several volunteers for their responses.

Then give out paper and markers or crayons and ask the students to spend a few minutes drawing and/or writing about a time they helped someone recently.

Discuss: How did you help? Was it easy or difficult? How did it feel?

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