

Thank You for Helping

This project is designed to help students express gratitude to helpers and to recognize that many people help without expecting anything in return.

Caring Sub-Concept(s)

Gratitude, Helpfulness, Kindness

Project Timeframe

25-30 minutes

Required Materials

- Thank you card template
- Markers
- Black/white board

Teachers prepare students for the lesson by reminding students about all the lessons they have gone through in the Caring Unit and how it is important to take care of ourselves and to take care of others. It is also important to keep our eyes and ears awake so we notice when people are showing caring by helping or including others. Finally, in order to be happier and, in turn, be kinder to ourselves and to others, we must actively practice gratitude and thankfulness in our lives. When we are thankful, we feel better. This lesson is going to help us recognize those who regularly help us and others, and extend an act of gratitude to those people.

Project Details:

Have students brainstorm as a class all of the helpers in their school and community. Take notes on the whiteboard or smartboard. The list will likely include people like firefighters, police officers, doctors, nurses, ambulance drivers, teachers, bus drivers, coaches, parents, and maybe counselors, social workers, pastors, etc.

Explain to students that they need to pick a helper from the list to write a thank you note to. Encourage students to pick a helper they can relate to: maybe they know someone in the fire department; maybe they have a special doctor they see, etc.

Instructions:

- Handout the thank-you card template.
- Encourage students to use the prompts on the card and then write one or two sentences thanking this helper for how they help in their community.
- Sentence #1 begins with “Thank you for...”
- Sentence #2 begins with “You care for others by...” Help students think of ways these people help if they need assistance with ideas, words, etc.
- Encourage students to draw a picture of their selected helper doing his or her job. Remind students that helpers can be boys and girls (doctors can be girls and nurses can be boys, for example). Helping knows no gender!

Extension Ideas:

- If you have students who are technologically-minded, you could select a single group of helpers (like the local fire department) and create a short thank-you video. Or, break students into small groups so each group can create a video for different groups of helpers.
- Students could also create and send free e-cards if you want to add a layer of technology but keep the focus on writing and sending a card.
- When you send the cards, consider asking for a response; this could be an email, a note back, a video, or some other response that shows students that their notes were received and how the helpers appreciated being recognized.



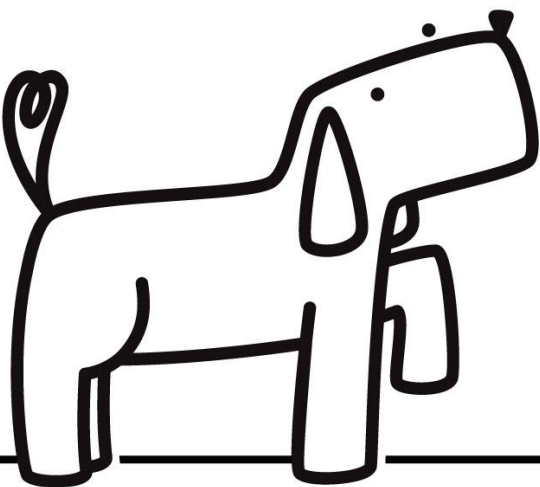
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LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

THANK YOU, HELPER!



RANDOM ACTS OF KINDNESS
FOUNDATION®

THANK YOU, HELPER!

Dear Helper:

Thank you for _____

You care for people by _____

Your friend,

