

Social-Emotional Learning: Being a Helper

Learning Value:

This activity promotes development and learning by encouraging children to develop increasing care for self, others, and the environment.

Materials Needed:

- ▶ The story “The Little Red Hen” (see the link below if you don’t have the book available)
- ▶ Paper and writing utensils
- ▶ Plastic jar or container



Participants:

This activity is intended for adult/child interaction, and 2 or more participants/players

Directions:

Step 1: Read the book “The Little Red Hen” or watch it read online at: <https://www.youtubekids.com/watch?v=2E72TZy0LNo>

Step 2: Discuss with your child how the animals felt throughout the story.

Step 3: Brainstorm with your child ways they can help in the home, at school, or in the community.

Step 4: Create a “help jar” together. Write down ways to help others on individual pieces of paper and put them in a jar. Every day or week, have your child pull out one of the pieces of paper and commit to completing the helpful task.