

SAMPLE LESSON

WEEK 4

HELPING OTHERS

Big Ideas

- When children begin to put the needs of others ahead of their own wants, their hearts begin to grow. As their hearts grow, their minds will open.
- Acts of kindness and love help children develop others-centeredness, which enables them to become valuable members of their community.
- Helping others makes the world a better place.



For Your Heart

We all know and love the children's classic, *How the Grinch Stole Christmas*. The Grinch spent his days concocting a dastardly scheme to ruin Christmas for the Whos. Dr. Seuss gave the most out-of-the-ordinary reason for why the Grinch hated Christmas so much:

*It could be his head wasn't screwed on just right.
It could be, perhaps, that his shoes were too tight.
**But I think that the most likely reason of all
May have been that his heart was two sizes too small.***

At Manners of the Heart, we believe this is the reason for the Grinch's struggles as it is for many of us. His heart was scarred and locked from old wounds. Whether someone is unkind, selfish, entitled, broken, impoverished, overindulged or disrespectful, the cure is the same. Seeing the wounded hearts of your students and nurturing them with kindness, love and respect is the greatest privilege you are given as a teacher.

For the Hearts of Your Students

The answer to your students' struggles is to unlock their hearts, which will open their minds to the knowledge you have for them. With the first turn of the key, they experience the joy of helping others.

After the Grinch had stolen Christmas from the Whos in Whoville, he heard singing instead of crying!

*And what happened then? Well in Whoville they say
That the Grinch's small heart grew three sizes that day.*

In an instant, the Grinch's heart began filling with *kindness* and *love*, and he returned Christmas to the Whos. His outward expressions of kindness reflected the inward condition of the love growing in his heart.

In this week's lesson, you'll be teaching your students what it means to help others. They will experience the excitement of a growing heart and a mind opening to receive the knowledge you have to share.

4 Helping Others



KINDNESS—Showing care for others in an unexpected and exceptional way

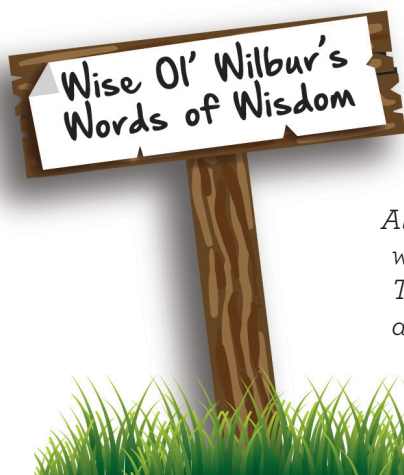
LOVE—Genuinely caring for others

REMEMBER



SKILLS AND OBJECTIVES

- Children will learn to offer to carry bags or other items for others.
- Children will learn to open doors for others.
- Children will learn to pick up dropped items for others.



*Always help those
who are in need;
That's how to be
a friend, indeed!*

GUIDING CHILDREN'S LEARNING

Begin the week with the new *Heart Attributes* and the *Merryville Story*. Encourage the children to always listen with their hearts. If they listen closely, they will find the *Heart Attributes* in the story.

1. Introduce and discuss this week's *Heart Attributes*: **KINDNESS** and **LOVE**
2. It's Story Time! Read aloud or play the recording of ***The Watchman of Merryville***. 
3. After the story, lead the children in the following discussion questions:
 - *Who was Nicholas? How did he arrive in Merryville?*
Nicholas was a pirate who was shipwrecked during the storm that came to Merryville.
 - *Why do you think Nicholas stole from the people of Merryville?*
His treasure chest of gold has been lost at sea and stealing is the only way of life he knows. No one has ever been kind to him and his heart isn't right.
 - *What happened to Ol' McDonald? Who helped him?*
Nicholas helped Ol' McDonald when he fell and broke his arm.
 - *Why did Nicholas want to help Ol' McDonald in the first place?*
Ol' McDonald had treated him with **KINDNESS**.
 - *What does Nicholas do when his heart changes?*
He starts doing chores around the farm to help Ol' McDonald. He returns all the stuff he had stolen from the folks in Merryville.
 - *What happened to Nicholas when he began helping out around the farm?*
His heart started changing and he learned that giving is better than taking.
4. Teach the students *Wilbur's Words of Wisdom* and recite them during the week.

MANNERS IN ACTION

1. Gather students around the **Happle Tree**. Ask them to identify and define the *Heart Attributes* that are already hanging from previous weeks.
2. Discuss the *Big Ideas* of the story.
 - *Our hearts can change by being helped and by helping someone else.*
 - *Helping others is something we can do both at school and at home!*
 - *Our hearts grow when we begin to help others.*
3. Here are three very easy ways to show **LOVE** and **KINDNESS** this week:
 - Offer to carry bags or other items for others.
 - Open the door for somebody.
 - Pick up something that someone drops and hand it to them.
4. At the end of the week, let's give a report on how we helped others and then hang the Happles!

THE WATCHMAN OF MERRYVILLE

Once upon a time in Merryville, a terrible storm began to gather over the sea. Merryville was normally a very quiet town, but this storm was one of the most awful storms the town had ever seen. The sky grew dark, the wind blew hard and it rained all night. On their farm at the foot of Merryville Mountain, Mr. and Mrs. McDonald worried and waited for the worst.

The next morning, the sun rose over the big yellow farmhouse. The sky was clear and the birds were singing merrily. Ol' McDonald decided to go out and check on his animals, but to his surprise, he found a young man hiding in his barn! He was so wet that Ol' McDonald thought he must have climbed out of the sea!

It turned out that he had come from the sea! His name was Nicholas and he was forced to jump from his ship when it began to sink during the storm. Now, he had nowhere to live, so Ol' McDonald kindly invited him to stay with them and sleep in his barn.

Because the storm had left such a mess, Nicholas quickly found work cleaning up branches and other debris around Merryville. Everyone trusted Nicholas, but while he was working, he began to steal things from people and then hide them in Ol' McDonald's barn. You see, Nicholas was a pirate, and he had lost his treasure chest full of gold coins in the storm.

Two weeks after the young pirate arrived in Merryville, Ol' McDonald had a terrible fall and broke his arm. Nicholas saw that Ol' McDonald was hurt and decided in his heart to help the old man who had helped him. Without being asked, Nicholas did chores around the farm before going to work in Merryville. Soon, he and Ol' McDonald became good friends.

Now, it wasn't long before something started to change in Nicholas' heart. With each kindness to Ol' McDonald and the people of Merryville, his heart grew. He found himself wanting to help others, rather than hurt them. He even began returning the things he had stolen.

One morning after breakfast, Nicholas finally told Ol' McDonald that he was a pirate. "I want you to know, when I first came to Merryville, I was stealing from everyone; but you were kind to me. You taught me that giving is better than taking. I want to spend the rest of my life helping others just like you."

Ol' McDonald nodded his head and smiled and said, "I know just the job for you!"

The next day, everyone in Merryville gathered in front of the town's lighthouse. The Mayor of Merryville gave Nicholas the key to the lighthouse and announced his new name, "From now on, Nicholas will be called, Cap'n Nick, the Watchman of Merryville."

To this day, Cap'n Nick lives in the lighthouse by the sea, watching over Merryville and keeping everyone safe.

Just the beginning...



Looking For More?

Horton Hatches the Egg by Dr. Seuss

What actions show that Horton is a true friend?



4 Helping Others

Day 2 **ART OF THE HEART®**

1. Give each student an activity sheet.
2. Ask them to color in each heart, beginning at the very center. Encourage them to use different shades or colors as they move to the outer edge.
3. Explain that each time they do a good deed for someone else, their heart grows with KINDNESS and LOVE. Likewise, every time they hurt someone, their heart shrinks or hardens with anger.
4. Here are three easy places to start. Challenge the students to remember to do the following:
 - *Carry bags or other items for someone*
 - *Open doors for others*
 - *Pick up something someone has dropped*

You'll Need:

- **Growing Heart** activity sheet (1/student)
- Crayons

Day 3 **MERRYVILLE MOVES**

1. Give each student a **Duty Chart** activity sheet.
2. Ask them to fill in the duties they perform at home to help out. As members of a family, we all have duties that help those we LOVE.
3. Students can take these home and post them on the wall or refrigerator.

You'll Need:

- **Duty Chart** activity sheet (1/student)
- Pencils

Day 4 CREATIVE CONNECTION

1. Choose a class project to help other children. Here are some suggestions: collect food items for a food pantry, create cards for children at a local hospital, collect socks or toiletries for a homeless shelter, etc.
2. Discuss the options with the children and ask them to consider seeing other children with the eyes of their hearts. When we look at others through the eyes of our hearts, we see beyond our own needs to the needs of others.
3. After a project has been decided upon, create a timeline and then begin the process of completing it.
4. Along the way, document the efforts of the children with pictures and share with others.
5. It is possible that your class will inspire other classes to do something similar!
6. Remind children of the Growing Heart illustration. Not only are their *own* hearts growing, KINDNESS and LOVE are also growing in the community!

You'll Need:

- Wilbur puppet
- Pictures of children in need (optional)

Day 5

MANNERS IN ACTION

Whooooo will hang the **Happle** this week?



KINDNESS—Showing care for others in an unexpected and exceptional way

LOVE—Genuinely caring for others

