Exploring helping others

**Group size**



Small groups or whole group

**Suggested timing**

20 minutes

**Method**

Discussion

**What you need**



**Film**

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**Colouring pens and paper**

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**PowerPoint**

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**Shield of strength worksheet**

Learning objectives

* Discuss the importance of helping others and what inspires us to help
* Create a shield of strength to explain what inspires learners and helps them to cope

## Overview

The children explore values and watch Beth’s inspired to help film on the [kindness and coping landing page](https://firstaidchampions.redcross.org.uk/primary/kindness-and-coping/) and also in the PowerPoint. They will create a ‘shield of strength’, to show how they can apply this to their own lives and help others.

## Preparation

Ensure you can play Beth’s [inspired to help film](https://firstaidchampions.redcross.org.uk/primary/kindness-and-coping/), also in the PowerPoint and print off or display the ‘shield of strength’ worksheets.

Familiarise learners with the ground rules for the session or establish ground rules. Assure learners are given opportunities to ask questions and have a way to ask anonymous questions if they wish to. For guidance on how to do these things, see the [Creating a safe, inclusive and supportive learning environment guidance.](https://firstaidchampions.redcross.org.uk/primary/guidance-and-support/)

## How to run the activity

## Explore the idea of kindness and what inspires people to help. Ask children to give examples of how someone could be kind and help others, what might inspire them?

## You could present a specific example to support younger learners, like if someone in the playground had fallen over and needed help, how could someone help them and why might they help them?

## Explain that you going to watch Beth’s [inspired to help film](https://firstaidchampions.redcross.org.uk/primary/kindness-and-coping/). As a group, watch the film.

## Either as a large whole group or as individuals, create a ‘shield of strength’ – draw out a large shield shape from the PowerPoint or print off worksheets. Explain that being kind and helping can give us strength to look after ourselves and others.

## Children can write or draw what they have learned about, what inspires them to help and what helps them be strong in the shield. That could be people – like their family - or qualities – like their kindness. You may choose to set this as an individual reflective activity instead.

## Stretch and challenge activities:

## Encourage learners to think of one person they know or have heard of who inspires them to help others. This could be someone close to them or a superhero or historical figure they admire. If they have time, they could research this person and create a shield of strength about them and the qualities they have which made them strong.

## Summing up

Invite learners to discuss what they have written on their shields.

Encourage them to complete the sentences on the final slide of the PowerPoint. They could share out loud or write their answers down.

* Kindness helps other by…
* Keeping calm means we can…