Exploring helping others

**Group size**



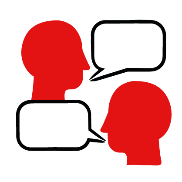
Small groups or whole group

Small groups



**Suggested timing**

20 minutes



**Method**

Discussion

**What you need**

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**Film**



**Colouring pens and paper**

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**PowerPoint**

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**Shield of strength worksheet**

Learning objective

* Learn about kindness and helping others.

## Overview

The children explore values and watch Beth’s inspired to help film on the [kindness and coping landing page](http://www.firstaidchampions.redcross.org.uk/primary/kindness-and-coping/coping-skills) 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](http://www.firstaidchampions.redcross.org.uk/primary/kindness-and-coping), also in the PowerPoint and print off or display the ‘shield of strength’ worksheets.

## How to run the activity

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

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

## Either create a large whole group or individual ‘shields 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 in the shield, thinking about the qualities they have or how they would like to be helped if they were in need.

## Summing up

Discuss the importance of values when it comes to helping others: for example, kindness helps others by…or keeping calm means that I can…