

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. It is also aimed at helping students recognize that helpfulness requires integrity to persevere with completing a task, even when we don't want to. It is important to be a helper with integrity!

Integrity Sub-Concept(s)

Perseverance, Kindness

Project Timeframe

25-30 minutes

Required Materials

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

Background:

Teachers prepare students for the lesson by reminding students about all the lessons they have gone through in the Integrity Unit and how it is important to be honest and to work hard to finish what we start. It is also important to realize that in order to be helpful to others, we need to be willing to do what we know to be right and kind in all situations. This is the very definition of integrity! Finally, in order to be happier and, in turn, live with great integrity, 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 persons of integrity who regularly help us and others and extend an act of gratitude to them.

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, 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 or 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 show integrity by...” Help students think of ways these people show integrity 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. Integrity 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 that the helpers appreciated being recognized.



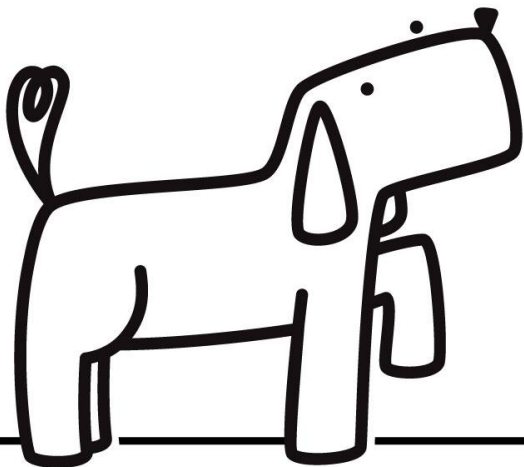
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PROGRAM FOR SOCIAL
AND EMOTIONAL
LEARNING.

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 show integrity by _____

Your friend,

