

Activate Compassion Mode

Compassion has the ability to reduce anxiety and dissolve conflict. Let's teach our children to supercharge this innate skill.

Watch this!

Play *Give a Hand*

- In this film, a girl helps a boy, he follows her and they both help the next person. This continues until they have a large group of people following the girl into the desert, where they join hands forming a circle.



Talk about it!

	This story is done without any dialogue. Did your students understand it? Ask them!	How can your students relate this film to their own lives? Ask them!
Emotions	<ul style="list-style-type: none"> • What did the girl do when she saw the boy fall off his skateboard? • Why do you think she did that? • Can you think of other times in the film where someone helped someone else? What did they do? 	<ul style="list-style-type: none"> • Can you think about a time when someone helped you with something? What was it? How did you feel when that person helped you? • Can you think about a time when you saw someone who needed help? Did you help them? • Was the person happy that you helped them? / Why didn't you help them?
Reasoning	<ul style="list-style-type: none"> • In the film, do you think all of the people knew each other before they were helped? • At the end, everyone held hands. Do you think that they are friends now? 	<ul style="list-style-type: none"> • Think about a time you did something nice for someone you didn't know. What did you do and why? How do you think the other person felt? • Has a person you didn't know ever done anything nice for you?
Actions	<ul style="list-style-type: none"> • Do you think that all of the people in the film were helped, or did some just witnessed the help? • If they were a witness, did the helping affect them? 	<ul style="list-style-type: none"> • Have you ever watched someone helping someone and wished it was you who had helped them? Why/why not?

Try this!

Discuss it!

This film showed many people doing something to help others. What about you?

- Ask students to think about what they could do to help others.
- Brainstorm a list and write it down for everyone to see.
- Ask your students if they think that they are old enough or big enough to help other people. Dispel concerns that young people cannot help others.
- Ask students to share a time that when helped someone else.
- Ask the students how they felt helping others.
- Come up with a plan to help someone every day for a week. What can you do as a class to help someone in your community?
- Get a calendar and write down an activity for each day of the week and then do it!
- After the week is over, discuss how many people the class helped.
- How did the people feel who were helped?
- How did your students feel after helping others?
- Point out to your students that while being helped feels good, helping others feels good too, and they have the power to make themselves feel good just by helping others.

Change your Perspective!

Helping others comes from first seeing their perspectives and understanding what it is like to be in their shoes.

- Explain to the class that the film showed how they can help someone by just using their hands.
- Ask students to hold up both of their hands and count all of the hands in the room.
- Tell the class that all these hands are going to help you reorganize the classroom.
- Assign children to different groups and tell them what they are going to move and where it will be moved to. Moving their assigned seats in the classroom is important as well.
- Encourage students to work together to pack up things and move them to a new area of the room and then unpack things.
- When they are done, ask children to go back to their seats and look around the room.
- Discuss how the new set up and new perspective looks and feels different, even though there was nothing new brought into the room.
- Point out how much the class accomplished just by "Giving a hand."

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	What was your students' perception? Ask them!	How can they relate this film to their own lives? Ask them!
Emotions	<ul style="list-style-type: none"> This film shows people helping others. Who was helped? What did they do? How did the people feel when they were helped? 	<ul style="list-style-type: none"> The film shows the contagious nature of kindness. Is kindness contagious? Has something like this ever happened to you? How did you feel?
Reasoning	<ul style="list-style-type: none"> Were there adults or just children following the girl? Every time someone helped someone, there was a white light around their hands. Why? What does white light represent? (purity, positive energy) At the end, they all joined hands and formed a circle. What does that represent? (unity, working together equally and sharing the energy) 	<ul style="list-style-type: none"> The film showed people of different ages, races, and abilities walking together. What are the benefits of working with people different than you? What have you learned when working with someone who is different from you? What have they learned from you?
Actions	<ul style="list-style-type: none"> The film is called "Give a Hand." Why do you think it was called this? Did the film show people helping with anything but their hands? The film shows light coming from peoples' hands. Why? Could you help people with nothing but your hands? 	<ul style="list-style-type: none"> Have you ever wanted to help someone but didn't think you could because you don't have the resources or money? Can you think of ways you could help someone with nothing but your hands? Can you think of how much more you could do with many hands helping you?

Try this!

Group Discussion

Random acts of kindness help everyone!

- Ask the students if they have ever heard of “Random Acts of Kindness” and explain what that term means.
- Point out that the “Random” part insinuates that this is kindness to strangers.
- Why is kindness to strangers important?
- How does helping someone you don’t know bring you closer?
- What would happen if everyone in your school did something kind to someone they didn’t know? Would it bring them closer?
- What happens when someone helps you? Does it make you want to help them?
- Discuss the thought that “Kindness is Contagious.” Point out how that was true in the film.
- How does it *feel* to help someone?
- Point out to students that helping others makes you feel good, and that by helping, you have the power to make yourself feel good.

Community Kindness

The film showed a girl helping others in her community. Who can you help in your community?

- What is a community? What does that word mean to your students? Look up the definition in the dictionary and on the internet and read it aloud.
- Ask students who is in their community.
- Point out that the school is a community.
- Who is part of the school’s community? Write down a list of people. Be sure to include the school’s administrators, secretaries, lunch aids, kitchen staff, board of education, bus drivers, crossing guards, etc.
- Discuss what you can do to help these members of your community: Ask them if they need help, write them a letter of appreciation, deliver something for them, organize something for them, etc.
- Do it! Unleash your students into the school community and encourage them to do something immediately to help someone. If they write a letter, have them deliver the letter.
- Upon their return, ask them how it felt to be kind to others and to “give a hand.”
- Point out to the students that they were the ones helping, yet they benefited from it as well.
- Ask them if they feel like they know the person they helped better or feel like they will say hello to them the next time they see them.
- How did helping others help them feel like a closer community?

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Reasoning	<ul style="list-style-type: none"> In the film, do you think all of the people knew each other before they were helped? At the end, everyone held hands. Do you think that they are friends now? 	<ul style="list-style-type: none"> Think about a time you did something nice for someone you didn't know. What did you do and why? How do you think the other person felt? Has a person you didn't know ever done anything nice for you?
Actions	<ul style="list-style-type: none"> Do you think that all of the people in the film were helped, or did some just witnessed the help? If they were a witness, did the helping affect them? 	<ul style="list-style-type: none"> Have you ever watched someone helping someone and wished it was you who had helped them? Why/why not?

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Do it!

No matter how young your child is, they can learn to “Give a Hand” to others.

- Ask your child if he/she has ever “given a hand” at home.
- Tell them how it made you feel when you received their help with things.
- With your child, come up with a list of things that they can do to help you at home. Some ideas are:
 - Opening the car door for a parent
 - Setting the table for dinner
 - Clearing the table
 - Folding the dishtowels after the laundry
 - Matching the socks
 - Sorting the clothes into piles of who they belong to
- Make a chart which lists of the ideas you came up with. If your child is not yet able to read, draw or print out a picture from the internet that can represent the activity.
- Display the chart in a visible, yet easy to reach spot.
- When your child does something to “give a hand” cross it off the list and celebrate these little moments.
- Refrain from giving physical gifts, and instead use praise, high fives or hugs. This will help them see how much joy they get from making others feel good, rather than the joy they get from receiving a gift. If they feel joy from helping, they will be more likely to do it on their own without prompting.

Help others!

Nobody is too young to help others in their community!

- Come up with a list of people in your child’s community. Be sure to include both adults and children that they come into contact with. These can be people that your child knows well as well as people that they do not know.
- Discuss ways that they can give a hand to others and make a list. These could include things such as:
 - Walking someone’s dog
 - Raking leaves for a neighbor
 - Going to a restaurant and being the door holder for 10 minutes
 - Drawing a picture for someone
 - Giving someone a hug
 - Carrying someone’s bag
 - Saying hello to people you pass
- Take a walk with your child or take them with you when you run errands. Ask them to look around and point out all of the people who are doing something that they could help with. The more you look, the more helping opportunities you will see.
- The more people you help, the more you expand your community.
- The more you help, the more others will want to help you in return.