**Virtue: HELPFULNESS**

**Lesson Plan for Children 0 - 3**

**Open Play (20 minutes) and Parent Discussion:**

Invite children to play with toys- gently guiding and reminding them of the virtues of kindness, love and sharing. While keeping an eye on their children, parents talk about how to support the development of helpfulness in their families.

* What has been challenging about being a new parent and in what ways could you use support? How can we help each other?
* How can we encourage the development of the virtue of helpfulness in our children?
* How can we as parents help foster in our children the desire to be of service to all humanity?

After about twenty minutes, a song with a verse about helpfulness is played, indicating that it is almost time to start the formal part of our playgroup.

**The Verse played is “You live to do good and to bring happiness to others.”** (From the Virtues In Us, Quotations CD)

Once the song is over, children and parents clean up toys while singing a clean-up song:

There are several cute and easy songs to choose from: Select one and have that be your 'clean up theme song' for the class.

Song 1: Clean up, clean up, everybody everywhere.

Clean up, clean up, everybody do your share.

Song 2: *(spoken)* Time to clean up, everyone. Let's pick up our things!

*(Chorus)*

Clean up, everybody clean up (x3)

Time to clean up!

Pick up, everybody pick up (x3)

Time to pick up!

Pick up the toys, put them away

Pick up the blocks, put them away

Pick up the books, put them away

Put your things away

Song 3: Clean up, clean up, it's time to clean up

We've had our time to learn and play

And spend time with our friends today

But now it's time to go away, so let us all clean up

Yes, let us all clean up

Then the welcome song is played as Moms and little ones form a circle on the floor to get ready for the formal part of the playgroup

**Song: Welcome Song** (Favorite Children’s Songs from the Family Learning House CD)

Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be wonderful. Today is going to be joyful. Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be beautiful. Today is going to be peaceful. Good morning, good morning! It’s lovely to see you! Please come in and join us, we’d love to be with you. Today is going to be…How is your day going to be? Get ready to sing! Today is going to be \_\_\_\_\_\_\_(full of helpfulness!). Today I’m going to be happy. Today I’m going to be helpful. Good morning, good morning! It’s lovely to see you! Good morning, good morning! It’s lovely to see you!

**Opening Prayer:** Invite children to practice reverence by asking them to sit in their parent’s lap while a very short prayer is said or sung. Explain: "We always start with a prayer, because God is the source of all spiritual qualities, and we want to call on Him to aid us in our spiritual development."

O Lord! I am a child;

enable me to grow beneath the shadow of Thy loving-kindness.

I am a tender plant;

cause me to be nurtured through the outpourings of the clouds of Thy bounty.

I am a sapling of the garden of love; make me into a fruitful tree. Thou art the Mighty and the Powerful, and Thou art the All-Loving, the All-Knowing, the All-Seeing.”

~ 'Abdu’l-Bahá

(Movements for this prayer have been recorded and can be watched at [www.supportingthecoreactivities.org](http://www.supportingthecoreactivities.org) under Infant Children’s Classes- Helpfulness)

**Song: Hello Song** (Music Together, Bongos CD)

Hello everybody! So glad to see you! Hello everybody, so glad to see you too!

Hello to \_\_\_\_, so glad to see you! Hello to \_\_\_\_\_\_\_, so glad to see you too!

Hello everybody! So glad to see you! Hello everybody, so glad to see you!”

(sing each child’s name and parent’s name)

**Song: Wake Up** (Music Together, Bongos CD)

Open and shut them, open and shut them, give a little clap.

Open and shut them, open and shut them, fold them in your lap.

Creep them, creep them, slowly creep them right up to your chin.

Open up your little mouth but do not let them in!

Song motions: ( https://www.youtube.com/watch?v=9LbZSyx-7Xo)

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| **WORDS** | ACTIONS |
| **Open and shut them (x2)** | hands in front of you, open and shut them |
| **give a little clap** | clap hands |
| **Open and shut them (x2)** | hands in front of you, open and shut them |
| **fold them in your lap** | fold hands emphatically in your lap |
| **Creep them, creep them, slowly creep them, right up to your chin** | "creep" your fingers up from your waist and neck to your chin |
| **Open up your little mouth** | Touch one finger to your lower lip while opening up mouth wide |
| **But do not let them in** | Quickly move both hands behind your back |

**Introduction to the Virtue of Helpfulness:**

Helpfulness is being of service. It is doing useful things for people and trying to make other people’s lives a little bit easier. We show helpfulness when we help clean up our room or when we smile at someone who is feeling sad. We can show helpfulness to ourselves too, by taking care of our body by brushing our teeth, taking a nap or washing ourselves in the bath. Helpfulness is a special virtue and is a quality of God!

**Invite the children to come sit close to you while you read the book, Let’s Be Helpful by P.K. Hallinan; when story is over, invite them to sit in the circle again.**

**Song: Virtues in You** (The Family Learning House, Favorite Virtues Songs CD)

There are virtues in you and virtues in me.

Let’s bring them all out so we can serve humanity.

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| **WORDS** | ACTIONS |
| **There are virtues** | make a diamond with index fingers and thumbs in front of you |
| **in you** | point to someone (especially point to your child) |
| **and virtues in me** | point to yourself |
| **Let's bring them all out so we can serve humanity** | put both hands together towards chest, then up towards face and out, waving fingers as you extend your hands forward. |

**Song: The Time to Be Happy is Now** (The Family Learning House, Children’s Virtues Songs- Preschool CD)

The time to be happy is now. The place to be happy is here.

And the way to be happy is to make others happy and to build a little heaven down here!

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| **WORDS** | ACTIONS |
| **The time to be happy** | point to your wrist watch |
| **is now** | point to floor |
| **The place to be happy** | make a circle of the earth with your hands in front of your chest |
| **is here** | point to floor |
| **And the way to be happy** | make a smile with your hands close to your face |
| **is to make others happy** | put both hands in forward in front of you, as if offering a gift to someone |
| **And to build a little heaven down here** | make "spirit fingers" around your body by wiggling your fingers while moving your hands from chest-height up, to the sides, and down |

**Song: Serving My Friends** (The Family Learning House, Children’s Virtues Songs- Preschool CD)

I like to serve my friends everyday. I like to serve my friends in every way.

The service that I do can bring a smile or two.

I like to serve my friends everyday in every way!

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| **WORDS** | ACTIONS |
| **I like to** | point to yourself |
| **serve my friends** | put both hands out in front of you with palms facing up |
| **.... everyday** | point to your left wrist as if pointing to a watch |
| **.... in every way** | keep hands out in front of you with palms facing up and wiggle your fingers as your move your hands out to the side |
| **The service that I do** | put both hands out in front of you with palms facing up |
| **can bring a smile or two** | point to your mouth and make a smile |
| Repeat above motions for last line of the songs | |

OPTIONAL SONG:

Could intro by saying that in order to be able to serve others, we want to keep ourselves as healthy as possible. Health starts with cleanliness, so we are going to sing an hold favorite of ours!

**This Is The Way We Wash Our Face Song** (The Family Learning House, Children’s Virtues Songs- Preschool CD)

This is the way we wash our face, wash our face, wash our face.

This is the way we wash our face because we want to be clean.

(Substitute ‘face’ with other body parts that you want the child to wash, such as arm, neck, ears, hair, etc.)

OPTIONAL SONG:

Could intro by saying that to be able to serve well, we also need to take care of our bodies by resting so that we have the energy to serve again!

**Song: Sleeping Children** (The Family Learning House, Virtues- Preschool CD)

Sleeping children, sleeping children

Ssh, ssh, ssh, ssh, ssh, ssh

Now it’s time to wake up

Now it’s time to wake up

It’s a great day!

It’s a great day!

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| **WORDS** | ACTIONS |
| **Sleeping children** | kneel on floor with your head down on both hands on the floor like you are sleeping, with your eyes closed |
| **Shhhhh** | put index finger over mouth and say "sshhhhh" |
| **Now it's time to wake up** | stand on your knees and put both hands above head |
| **It's a great day** | smile and move hands above head from side to side. |

**Hand out a stuffed animal to each parent and child to use in the following song:**

**Song: If An Animal Be Sick** (Tim Urbonya, Love All The World CD)

If an animal be sick, let the children try to heal it; if it be hungry, let them feed it;

if thirsty, let them quench its thirst; if weary let them see that it rests.

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| **WORDS** | ACTIONS |
| **If an animal be sick** | put stuffed animal in your lap |
| **let the children try to heal it** | move both of your hands gently over the body of the stuffed animal |
| **if it be hungry** | sit animal up |
| **let them feed it** | put your hand up to the mouth of the animal like you are trying to feed it something |
| **if thirsty** | cup your hand as if it is holding water |
| **let them quench its thirst** | bring animal to your cupped hand like you are giving it something to drink |
| **if weary** | put animal on its side on the ground |
| **let them see that it rests** | pat the animal's head as it lies on the ground resting |

**Hand out shaker eggs to the little ones to shake during the following song** (words can be written out on chart paper so parents can sing along)

**Song: Kindness** (Red Grammer, Be Bop Your Best CD)

A helping hand, a thoughtful word,

a worried friend you’ve reassured,

mending the wing of a fallen bird,

they all add up to kindness.

Complimenting the friends you meet,

helping old folks cross the street,

getting’ up and giving someone else your seat,

it all adds up to kindness.

*Chorus:*

You know it’s really nothing new. Kindness starts with me and you.

The little things we say and do. They all add up to kindness.

Thanking Mom for the cookies she bakes,

apologizing for our mistakes,

giving people even breaks,

it all adds up to kindness.

Helping Grandpa climb the stairs,

being someone who always shares,

sayin’ you like what your sister wears,

it all adds up to kindness.

*Chorus*

Choose the shy kid for your team,

honor someone else’s dream…kindness!

Helping out at Grandma’s house, stop the cat and save the mouse…kindness!

Take your brother on a hike, let somebody ride your bike…kindness!

Smiling when you don’t know why, thinking of the other guy…

that’s how we spread some kindness!

*Chorus*

**Song: May I Help You**

(CD: The Family Learning House, Virtues in Us - Preschool)

\*You can just sing this song and don’t need to play the CD if you don’t want to (see example under this lesson at [www.supportingthecoreactivities.org](http://www.supportingthecoreactivities.org))

May I, may I help you (x 3)

May I help you today?

May I help you, clean the floor (x 3)

May I help you today?

For second and subsequent verses, can substitute “clean the floor” with other words and actions (such as “put away your toys”, “put on your shoes”, “open the door”, etc.)

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| **WORDS** | ACTIONS |
| **May I, may I help you?** | Walk around in a circle, holding hands |
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| **May I help you clean the floor** | pause, and act out sweeping the floor |
| **May I help you put away your toys** | pretend to pick up toys / put them in box |
| **May I help you put on your shoes** | pretend to help another put on shoes |
| **May I help you open the door** | pretend to open the door for another |

**Hand out scarves for next song:**

**Song: Let Me Give My Friend a Hug Song** (The Family Learning House, Virtues- Preschool CD)

Let me give my friend a hug, a gentle hug, a gentle hug;

Let me give my friend a hug when he is hurting;

Let me get a tissue, a tissue, a tissue,

Let me get a tissue to wipe away his tears. La, la, la…”

Song motions: (\*\***This may work best with parent and child as partners\*\***)

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| **WORDS** | ACTIONS |
| **(During intro music)** | wave scarves above your head until words start |
| **Let me give my friend a hug** | put scarf above the head and move it behind the back of your partner, while moving slightly toward him and give a gentle hug |
| **let me get a tissue** | wave scarves up and down |
| **wipe away his tears** | wipe under his eyes gently with the scarf |
| **la – la – la** | wave scarf in circles on either side of your body |

\*\***This may work best with parent and child as partners\*\***)

**Collect scarves and hand out instruments for the following song:**

**Song: I Think You’re Wonderful** (Red Grammer, Teaching Peace CD)

**Closing Verse:** Invite children to practice reverence by asking them to sit in their parent’s lap while a very short Verse is said.

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| **You live to do good and to bring happiness to others. ~** Abdu’l-Bahá |
| **MOVEMENTS for this quote can be found on a video at** [**www.supportingthecoreactivities.org**](http://www.supportingthecoreactivities.org) **under Infant/Toddler Children’s Classes- Helpfulness** |

**Closing Song:**

**(sung to the tune of "Teddy Bear, Teddy Bear....)**

**There are several different tunes for the Teddy Bear rhyme you can find on YouTube. Here is one version**

**https://www.youtube.com/watch?v=sSLlm5bwzjs**

Helpful child, helpful child turn around. (turn around)

Helpful child, helpful child, touch the ground. (touch the ground)

Helpful child, helpful child, touch your foot or your shoe.

(hold foot up and point to shoe)

Helpful child, helpful child, I love you! (hugs all around!)

Helpful child, helpful child, reach for the sky.

(reach up! or parent can lift child up high)

Playgroup is over. It’s time to say goodbye! (wave and say, “goodbye!”)