

Age Group: 3 – 5 years

Duration: 1 class period (approximately 30–45 minutes)

Theme/Topic: Helping Hands – Learning About Responsibilities

Learning Objectives:

After this lesson, children will be able to:

- Identify the concept of responsibility and helping.
- Find simpler tasks that they can do at home and in school.
- Model useful behaviours through role-play exercises.

Materials Needed:

1. Helping hands cut-outs or colouring sheets
2. Crayons/Markers
3. Storybook about helping (e.g., "The Berenstain Bears and the Trouble with Chores")
4. "Helping Job Chart" poster or board
5. Stickers or stamps for rewards
6. Toy broom/duster/other play-cleaning tools

Introduction (5–7 minutes):

Start by raising your hands and ask the children: 🖐️ "What can our hands do to help others?"

- Picking up toys
- Helping a friend
- Hugging
- Watering plants

Inform the children that today's lesson is called "Helping Hands – Learning About Responsibilities", where we will discover ways we can assist at school and at home.

Main Activities:

1. Story Time – "Who Helps?" (10 minutes)
Read a short story about children helping at home or in school. Stop to ask questions like:
 - "What is this character doing to help?"
 - "How can you help at home in this way?"
2. Helping Hands Art (10–15 minutes)
Give each child a handprint cut-out or trace their hand onto paper.

Ask them to colour and draw something that they can do to help.
Example: "I help by putting away my toys."

Ask each child to show what their helping hand looks like.

3. Role-Play Helpers (10 minutes)

Set up mini "helper stations" around the classroom:

- Folding napkins
- Sweeping with a toy broom
- Sorting toys by colour or size

Have children role-play at the stations in turns. Encourage each child's efforts.

Circle Time Discussion (5 minutes):

Talk about what it means to be responsible. Ask:

- "How did it feel to help?"
- "What's one way you'll help your family today?"

Introduce a Helping Job Chart and assign mini tasks for the week (like line leader, book helper, light switcher).

Assessment:

- ✓ Observation of participation in discussion and activities
- ✓ Review of their helping hand drawings
- ✓ Engagement and effort in role-playing stations

Extension Activity (Optional):

Send home a "Helping Hands Challenge" worksheet for parents to complete with their child.

Tasks can be:

- Putting toys away
- Caring for a pet
- Helping with the table setting