



How To Be A Kind Helper



Lesson title: How to be a Kind Helper

Subject and topic:

ELA, STEM, character education

Grade level:

K-1

Duration:

30 minutes

Lesson summary:

This lesson teaches students the qualities of being a Kind helper and how to put them into practice. Students will listen to a person with a disability and their personal assistant about what it means to be a Kind helper. After the talk, students will have a chance to ask questions about helping. Students will learn that open communication is key to a Kind helper relationship. Students will learn that a person with a disability can live full productive lives with the help of their personal attendant.

Standards:

- CC.1.4.K.E- With prompting and support, illustrate using details and dictate/write using descriptive words.
- CC.1.4.K.W- With guidance and support, recall information from experiences or gather information from provided sources to answer a question.
- CC.1.5.K.C- Ask and answer questions in order to seek help, get information, or clarify something that is not understood.

Objectives:

Goals: Students will be able to

- define kindness and helping
- identify how they help people outside of the classroom

Learning Objectives: Students will be able to

- correctly identify two traits of a kind helper by listening to the speaker and participating in the following discussion.



Essential Questions:

- EQ1: How can I show kindness to those around me?
- EQ2: What are traits of a kind helper?
- EQ3: What questions do I have for the speaker?

Vocabulary:

- Service dog
- therapy dog
- Wheelchair
- Epilepsy
- Personal care assistant
- Disability

Materials:

- Crayons
- Markers
- Construction paper
- Pot handout

Lesson Preparation:

1. Book a trained disabled speaker in advance with DEE so they can make the proper transportation and accommodation arrangements. Check your teaching environment for accessibility (these will depend on the specific needs of the assigned speaker. They might include ramps, room for a wheelchair, elevators, wheelchair accessible bathrooms, accessible parking, non fluorescent lighting...) and let the speaker know where to go with detailed directions. DEE can assist with this process.
2. The speaker will discuss and demonstrate how they work with their personal attendant and the importance of that relationship.

Lesson Procedure:

1. Welcome students to class and ask them to take a seat (on a rug or desk is up to you).
2. Say "Today we have a person who will share an important part of their life with you! Give them all the attention and respect today! Introduce the speaker."
3. Give the speaker their 10 minutes of space to demonstrate and talk. After 10 minutes give students a couple minutes to ask questions.



Teacher's note: Children inquiring about disability to a disabled person is a rare opportunity. Often parents will feel embarrassed or admonish their children for asking questions in public. That propagates shame rather than learning. It is very important that students have this time to ask their questions without being redirected or in an awkward situation. The speaker is happy to answer the questions they are comfortable answering. Some of the questions may seem inappropriate to you, but it is essential these children receive answers from the speaker. The speaker is fully trained and is delighted to answer them!

4. Asking questions and understanding disability helps remove any stigma and normalizes disability.
5. After a short question and answer (5-10 minutes) hand out the pot handout and crayons. Ask students to write down the ingredients for a kind helper.
6. Prompt students: What did the speaker talk about today? (patience, creativity, kindness, making goals, being good support, sense of humor, keeping to your word...)
7. You can display the handouts on your bulletin board for the year if you choose.

Related materials:

- Documents below

Evaluation:

Ask your students this question related to this lesson to gauge how much they learned. **Did this lesson help you understand what being kind is?**

Thank you for bringing the conversation about disability into your classroom.

Help us evaluate this lesson plan by visiting [our evaluation page to assess this lesson](#). You will find an evaluation both for you and your students to complete there.





