



Helping You Helps Me Too ( 🧠 A Social Health Story)  
(2<sup>nd</sup> Grade – 7-8 yrs.)  
Craft: May I Help You?



**STORY CONNECTION: SLIDE 8 (Approx Time: 25-30 mins)**

When someone helps you, it makes you feel good. When you help others that also makes you feel good. Humans do not live in this world alone, so understanding when other people need help is important for our Social Health. When you dropped your book bag or your lunch try, you may not have even needed to ask for help. Other people saw that you needed help, and they came to help you – without you even asking for help. When the others helped you, it made you feel good, and you were grateful. We also know that wanting to help others when they need help also was good for the people helping you. This is good for everyone's brain health.

**Materials needed:**

- Video links (included below)
- Equipment for watching online videos
- Paper for taking notes during video
- Pencils
- Boomerang template (optional- included below) or blank paper
- Crayons, markers, colored pencils
- Scissors
- Tape or stapler

**Preparation needed:**

- Preview videos prior to activity  
<https://www.youtube.com/watch?app=desktop&v= JnS4NHdR9U> (short video)  
<https://www.youtube.com/watch?app=desktop&v=nwAYpLVyeFU> (longer video)
- Print templates, if using (1 per student)

**Instructions:**

1. This activity focuses on the idea that when we help someone it not only is good for our Brain Health, but it also might make the person we helped in turn help someone else which is good for their Brain Health as well.

Part I: Brainstorming

2. First, ask your student(s) what they know about boomerangs. There is an image of one included below to show them. Accept all responses.
3. Next, show [this short video clip](#) (0:41) of a man throwing and catching a boomerang.
4. Ask the student(s) and have them respond:

- What did you notice when the boomerang was thrown?

### Part II: Kindness is a Boomerang

5. Watch the video clip, ask student(s) and have them respond:
  - How is helping others and showing kindness is like a boomerang?
    - Hopefully, they will connect that when a person helps others and puts kindness out into the world, those things will come back around to them.
6. Now, show [this longer video clip](#). (5:44)
7. After the video, ask student(s) and have them respond.
  - What did you notice in the video? What stood out to you?
    - They should say that one person helped at the beginning, and it was like a chain reaction of sorts. The person who received the help turned around and helped someone else. Kindness came back to each person like a boomerang.
8. Explain to student(s) that they will see the video again. This time student(s) should jot down or take notes of all the examples of people helping each other.
9. Show the video a second time.
10. After the second viewing, talk about the examples they saw—there are a lot of them! Talk about how each person felt when they received help and when they helped someone else.

### Part III: Helping Hands Boomerang

11. Tell the student(s) the last thing they will do in this activity is create a Helping Hands Boomerang.
12. Give each student a copy of the boomerang below or a piece of paper and have them draw a boomerang shape.
13. Tell student(s) that on the boomerang, they will write, draw, or a combination of both ways they can help others. Encourage them to think about how they can help others at school, home, church, their neighborhood, sports teams, etc.  
For example, at school I help my classmates put away materials after we use them.
14. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
15. Give student(s) an allotted amount of time to work on their boomerang.
16. Once they are finished, have the student(s) cut out the boomerangs and hang them up for a visual reminder of all the ways they help each other and how good it makes everyone feel. You could ask a few student(s) to share some of their ideas (if time permits).
17. In closing, review with student(s) that when they help someone, they feel good and the person they are helping feels good. When we help others, that kindness oftentimes comes back to us when someone else helps us when we need it. Helping each other is good for everyone's Brain Health.

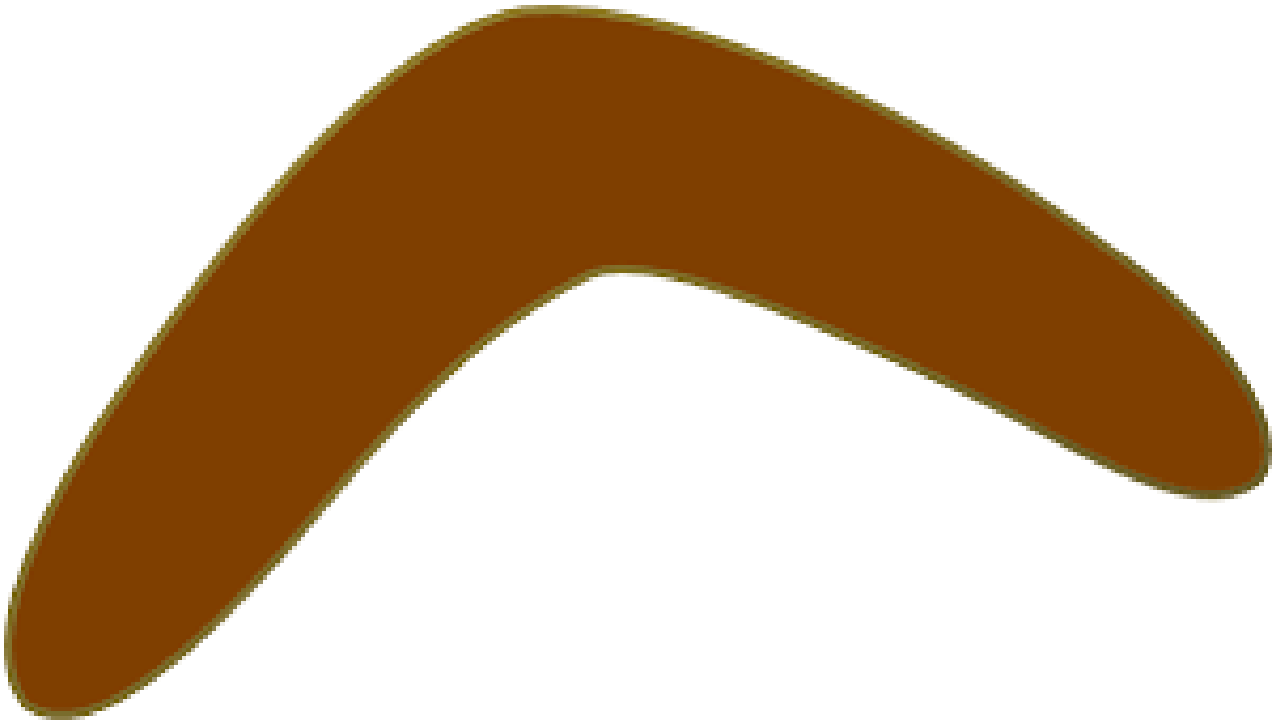


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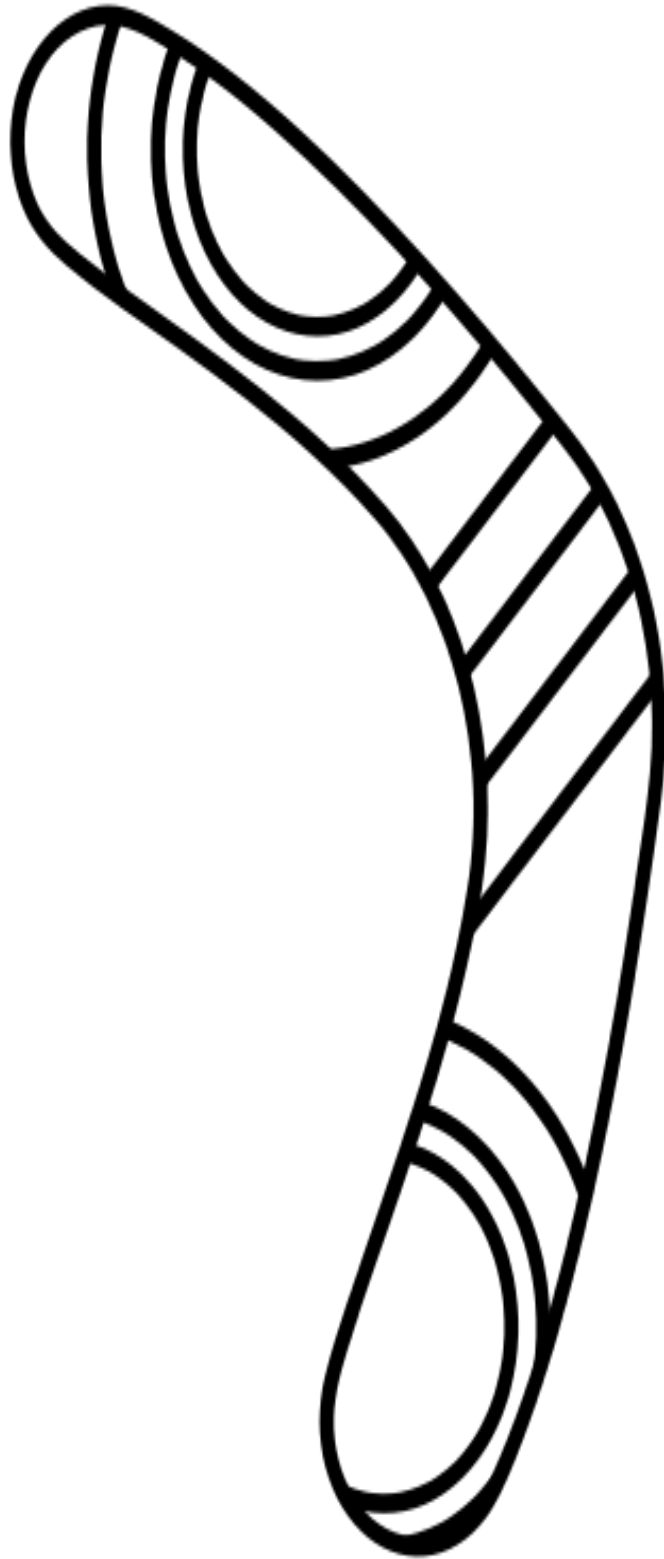


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