



Helpfulness: Getting Started

Inspiring Words

These children are even as young plants, and teaching them the prayers is as letting the rain pour down upon them, that they may wax tender and fresh, and the soft breezes of the love of God may blow over them, making them to tremble with joy.

(Abdu'l-Baha, Selections from the Writings of Abdu'l-Baha, p. 139)

Printables

Page 1: Spiritual Treasure Box Projects
Page 2: Devotional
Page 3: Booklet
Page 4: Radiant Hearts Book Template
Page 5: Monthly Letter Template

See the "Printable" document for these pages.

Questions to Consider

How do I currently model Helpfulness?

What are ways I would like to model Helpfulness better?

How does my child currently exhibit Helpfulness?

What aspects of showing Helpfulness can I help my child work on?





Radiant Hearts

Helpfulness: Foundation

Prayer

O Thou kind Lord! These lovely children are the handiwork of the fingers of Thy might and the wondrous signs of Thy greatness. O God! Protect these children, graciously assist them to be educated and enable them to render service to the world of humanity. O God! These children are pearls, cause them to be nurtured within the shell of Thy loving-kindness. Thou art the Bountiful, the All-Loving. ('Abdu'l-Bahá, Baha'i Prayers p. 35)

Helpfulness

Quotation

It behooveth man to show forth that which will benefit mankind.

(Baha'u'llah, Epistle to the Son of the Wolf, p. 49)

Helpfulness

Introduction to the Virtue

Helpfulness is serving others. Being helpful means you choose to make a difference by doing things that will be of use to someone else. When we are helpful to others, it makes us feel good inside. Being helpful is a way to show we care for someone. If we need help ourselves, we can always ask others to help us. We can also pray to God during times we feel helpless.

How do you feel when someone helps you? How about when you help someone else?

How do you show helpfulness in our home?

Can you think of a time when someone was helpful to you?

Helpfulness

Songs

Helpfulness **(Virtues In Us #25)**

May I, may I help you.
May I, may I help you.
May I, may I help you today.
May I help you clean the floor,
may I help you clean the floor,
may I help you clean the floor,
may I help you today.

Helpfulness

Hands of Service Song (The Family Learning House, Children's Virtues Songs- Preschool CD)

I may not be so tall and I can't do it all. My hands may be small, but they can make the world a better place.

Chorus: Little by little, day by day (x 3)
They can make the world a better place.

My hands can hold the door. My hands can sweep the floor. My hands can feed the poor and they can make the world a better place.

Helpfulness



Helpfulness: Daily Activities

Activities for Every Month

1. Spiritual Treasure Box project (prayer).	2. Assemble the booklet.	3. Make a Monthly Letter.
4. Spiritual Treasure Box project (quotation).	5. Make Radiant Hearts Book page.	6. Add a jewel to the Crown of Virtues.

Games and Role Plays

7. "Today we're going to play a game called Inside the Helping House." Pretend you are handy helpers inside your house and visit each room, finding new ways to help. Do a few jobs you have been meaning to do like put things into storage, dust, or fill a box with objects to donate. Helpfulness
8. "Today we're going to learn a new task to help the family every day." Help your child learn a new skill such as how to carry their empty plate to the sink after finishing a meal, put their dirty laundry in the hamper, make their bed, or wash their body in the bath. Help your child establish this new skill into their daily routine and encourage their efforts. Helpfulness
9. "Today we're going to help a neighbor." Choose a way to help a neighbor, such as cutting back some bushes, bringing their newspaper to the door, drawing them a picture, or baking them some muffins. Helpfulness
10. "Today we're going to practice being helpful if we see someone has dropped something or is carrying a lot of things." Role play carrying laundry, a box of toys, or a stack of books and help each other. Helpfulness
11. "Today we're going to practice helping with the laundry." Explain to your child the steps for how you sort the laundry, prepare the washing machine, get the clothes dried, and then put them away again. Give them a few special ways they can help each time you do the laundry. Helpfulness
12. "Today we're going to learn about working together to get something done." Dump out a pile of objects and have your child put them away alone. Then dump the objects out again and help your child put them away. Show your child how it's easier to get jobs done when you are working together, and that when you ask for their helpfulness, it will make jobs easier. Helpfulness
13. "Today we're going to practice helping each other say a prayer when we need to calm down and remember how to be kind." Explain a time when you lost your temper, and a time when your child did. Practice saying a prayer or verse that you can recite together when this happens. Helpfulness

Helpfulness: Daily Activities (continued)

Creative Arts

<p>14. "Today we're going to make a list about how each family member helps around the house." Choose a different color for each family member, and make a list of three ways each family member helps. Even babies can help by making others laugh, reminding everyone it's time to sleep, and giving cuddles to help someone when they are sad.</p>	Helpfulness
<p>15. "Today we're going to draw a picture about how someone outside our family helps us." Help your child illustrate a picture of people outside of your family helping them (such as a teacher, grocery seller, doctor, neighbor, or grandparent). Give them language they can use to ask for help and express their gratitude for this help ("Will you help please?" and "Thank you").</p>	Helpfulness
<p>16. "Today we're going to help prepare snack together." Choose a snack your child can help prepare, such as cutting a slice of cheese, washing a piece of fruit, or spreading peanut butter on toast. If you like, you can arrange the food in a "H" for "Helpfulness."</p>	Helpfulness
<p>17. "Today we're going to learn a rhyme about helping hands." Words: "My helping hands can do so much. They lift and hold and move and touch. They can clean and they can share. My helping hands show you I care." Make up actions to this rhyme with your child.</p>	Helpfulness
<p>18. "Today we're going to make some Helpful Hands." Trace your child's hands and cut out the shapes to glue on another sheet of paper. Then cut out hearts and place them on the hands, to show how if we help we are sharing our love with others.</p>	Helpfulness
<p>19. "Today I'm going to help you learn a new artistic skill." Help your child learn a new skill (such as cutting, drawing a rainbow, or writing the first letter of their name). Tell them how happy you feel when you are able to help them learn something new. Helping is fun and you always want to be there to help them when they are in need.</p>	Helpfulness

Visit the Online Lesson where you can see example photos of the daily activities, listen to the songs, and download the "Printables" document for this lesson:

<http://www.enablemetogrow.com/helpfulness/>