



5-6 YEARS | WEEK 57

Stories - Helping Others

1. Co-read the story

2. Simply yoga - Spinner

3. Conversation Starters - Roll a dice

4. Near and dear ones - Family Chart

5. Blanket time - Memory Cards

6. Tracing positive affirmations

7. Things that make me sad - Tick Mark

8. Chore chart

9. Sticky notes activity

10. Colouring - How I can help

11. Colouring mandala

12. Helping activity - Treasure Hunt

13. Manners and me

14. Power of feeling better

15. Feelings - Flip game

16. Friendship activity - Count and Colour

17. Gratitude activity

18. The mood sensors

19. Planner and checklist - Helping others

20. Love to help - Earn a badge



Hello children! I am Bheem and I will be your fun-learning partner for the HELPING OTHERS series!



Helping others : co-read the story

Bheem and his friends were coming back from school and were thinking what to do after they finished their homework. "Let's play something," said Bheem. "No, let's do some craft," said Chhutki. "Yes! Let's make finger puppets so that we can play with them later," said Kalia. Everyone liked the idea.

They came to the market to get some laddoos from Tuntun auntie's shop. In the next shop, they all saw an elderly woman buying some fruits and vegetables. When she was done buying, the children saw that she had many bags and could not carry them to her house by herself. "Let's help grandma carry her bags," said Bheem. "No, we want to go home and make our puppets," said Dholu-Bholu. "Yes, she can carry them herself," said Jaggu.

"Be polite, Jaggu, Dholu-Bholu!" said Chhutki. "She will be so happy if we give her a helping hand." "Okay," the twins and Jaggu said, sadly. All the children went over to the elderly woman and offered to help her carry her bags. "Oh! Such nice kids! Thank you so much," she said. Everyone picked up one bag each. Bheem carried a bag of mangoes, Chhutki carried a bag of tomatoes, Raju carried a bag of onions, Jaggu carried a bag of apples, Kalia carried a bag of potatoes, and Dholu-Bholu both carried bags of carrots.

When they reached the woman's house, the woman said, "You were all such kind kids to help an old woman. Here, take a mango each." "Thank you!" all the kids said together. They all went home to finish their homework. After they were done, they all met at Chhutki's house and ate their mangoes happily. Afterwards, they made their finger puppets.

"So, Jaggu and Dholu-Bholu. How do you feel after helping grandma?" asked Bheem. "We are very happy!" said Dholu-Bholu. "Yes! And we got a mango for helping her," said Jaggu happily.

"Yes. When we help others, we feel happy and they will also be happy," said Chhutki. After a nice evening playing with their finger puppets, all the kids went home very happy.



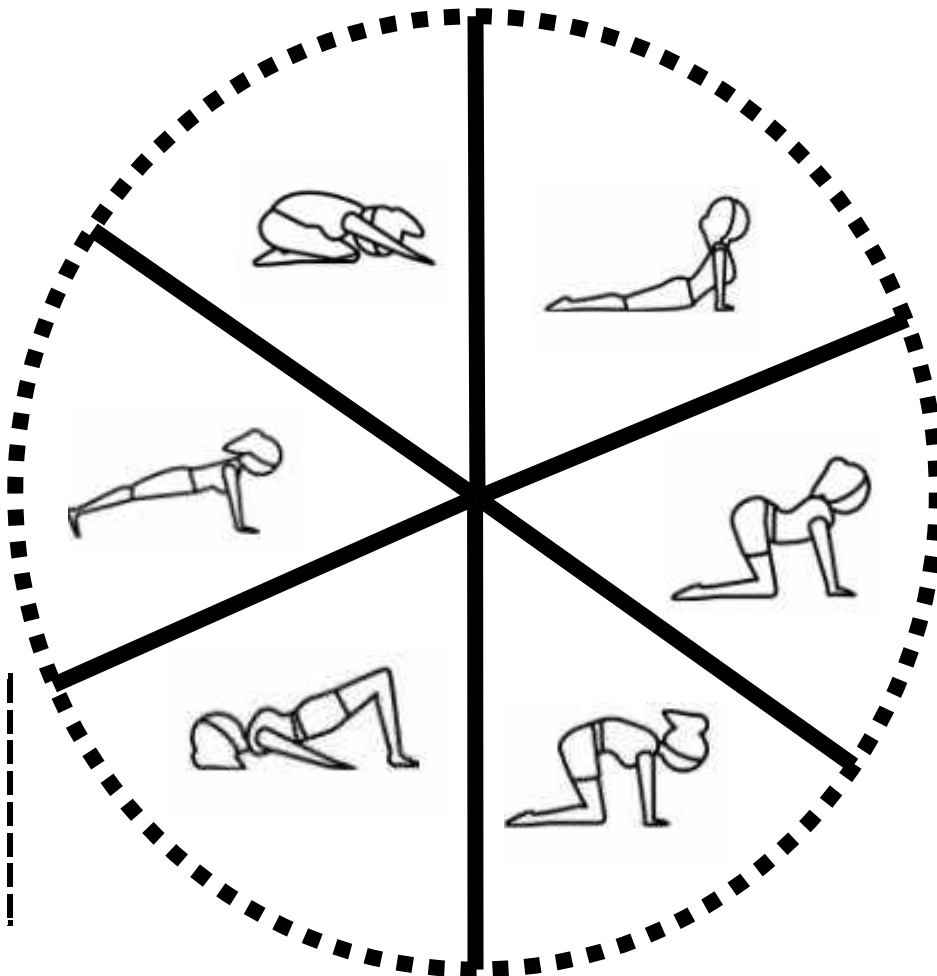


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Simply yoga : spinner

Take a printout of the below spinner. Cut the outline of the spinner and fix it on a paper plate. Fit the paper plate to the spinner. Poke a hole at the centre and fix the brad and paper clip. Cut the image of Bheem too. Spin the paper wheel and practice the yoga pose that Bheem's arm points at. Enjoy practising yoga!



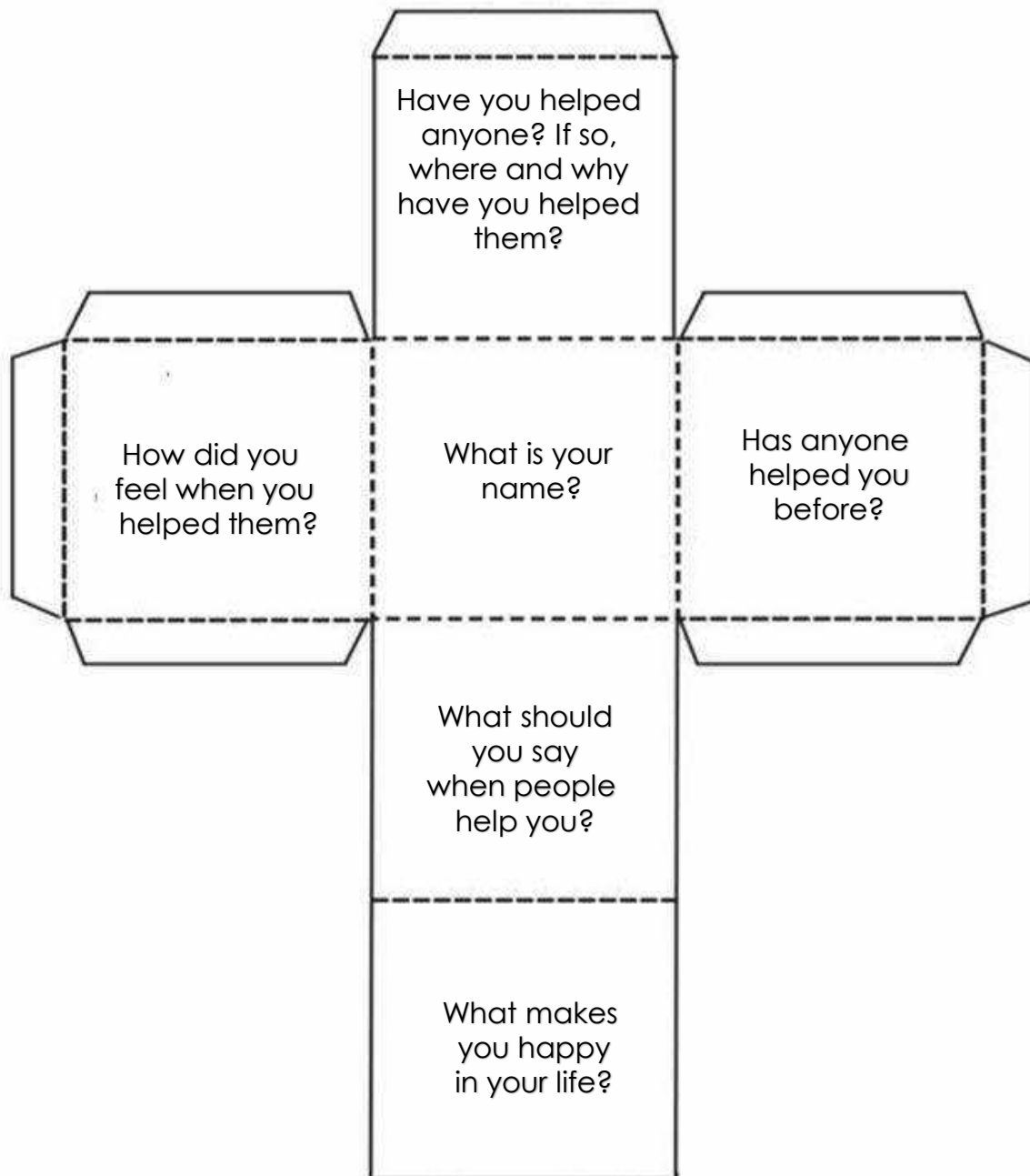


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Conversation starters : roll a dice.

Cut on the solid lines and fold on dotted lines. Stick the flaps to make a cube.



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