

Subtopic 4: Helping Others and Creating Opportunities

Spending free time helping others is a powerful way to feel good and make the community stronger. And when we see that something is missing—like an opportunity, activity or a group that doesn’t exist, we can be the ones to help.

Student Goals:

- Learn that helping others can be a fun and meaningful way to spend free time
- Use their imagination and ideas to create new ways to play and enjoy free time
- Practice including others and making sure everyone feels welcome

Timeframe:

- 30–40 minutes **Flexible timing/ adaptable format:** Can be completed in short segments or extended across multiple session

Example Conversation Starters:

- “Has anyone ever helped you feel included? Have you ever helped a friend have more fun or feel included?”
- “What’s something you wish your school or community had?”
- “How could we create something new for ourselves or others?”

Educator notes:

- Use Live Your Why to Support these activities, especially the “Connecting with people” and “Getting to know your community” sections!
- For more ideas check out **Recess, Explore/Club Time, and Out-of-School Time**

Community Kindness Brainstorm:

- Ask: “What are ways we can help others during recess or free time?”
- Brainstorm and look through LYW for ideas and discuss and/or record on chart paper.
- Group ideas into:
 - Helping during school and out of school activities
 - Helping create new ideas
 - Helping people feel safe and included
 - Other categories

Build Your Why Challenge!

- Use other activities in this overall topic and LYW to think about different types of opportunities to create something new or enhance an existing opportunity: a recess/free time activity, a club, a game, a space, etc.
- Then, in small groups (or another model), students design a new opportunity or a few.
- Share out:
 - What is it?
 - Who is it for?
 - How does it help the community?

Help students plan for bringing their ideas to fruition! Even small steps (acknowledge some ideas may be easier than others to implement)

Reflection Ideas for Session 6:

- “One thing I learned about my rights is...”
- “One way I can help someone feel like they belong is...”
- “One thing I want to try in my free time is...”
- “One new idea I want to create for my class, school or community is...”