

# THE FISH AND THE UNDERWATER BIRD

By Barbara Pinke

## Lesson Preparation

- Print a copy of "being helpful" and "latest helpful act" per student
- Print and cut (laminiate if you wish to reuse) the sorting cards per class (or group)

## Start by saying

- Have you ever helped someone? Have you ever been helped? How did you feel when someone helped you?
- Being helpful when others need it makes our world a better place. We are going to learn about a very determined fish that wants to help a new friend. There are a lot of barriers to helping her new friend, but she never gives up.

## Read the book

Ask questions about how fish feels when she keeps feeling defeated after requests of help.

## After reading

- Sometimes when we help someone we may feel more fulfilled than when we get helped. When you've helped someone, how have you felt afterwards?
- Why do you think the fish didn't give up helping bird?
- How do you think bird felt while waiting for someone to help him?
- How do you think bird felt after he was helped?

## Activity Time

- Individual Activity: kids need to unscramble the letters to find out the answer (kindness)
- Individual Activity (full class activity - optional): each child will be handed a copy of the worksheet. After students draw you may ask them to tape their drawings on one designated area (usually board/wall) and you all can make a helpfulness wall to inspire each other.
- Full classroom or small groups (print more than one set if you intend to do smaller groups): students should study each card and separate into two piles: things that are helpful vs, things that aren't.



[mybook.to/seayabook](http://mybook.to/seayabook)



## Student Material

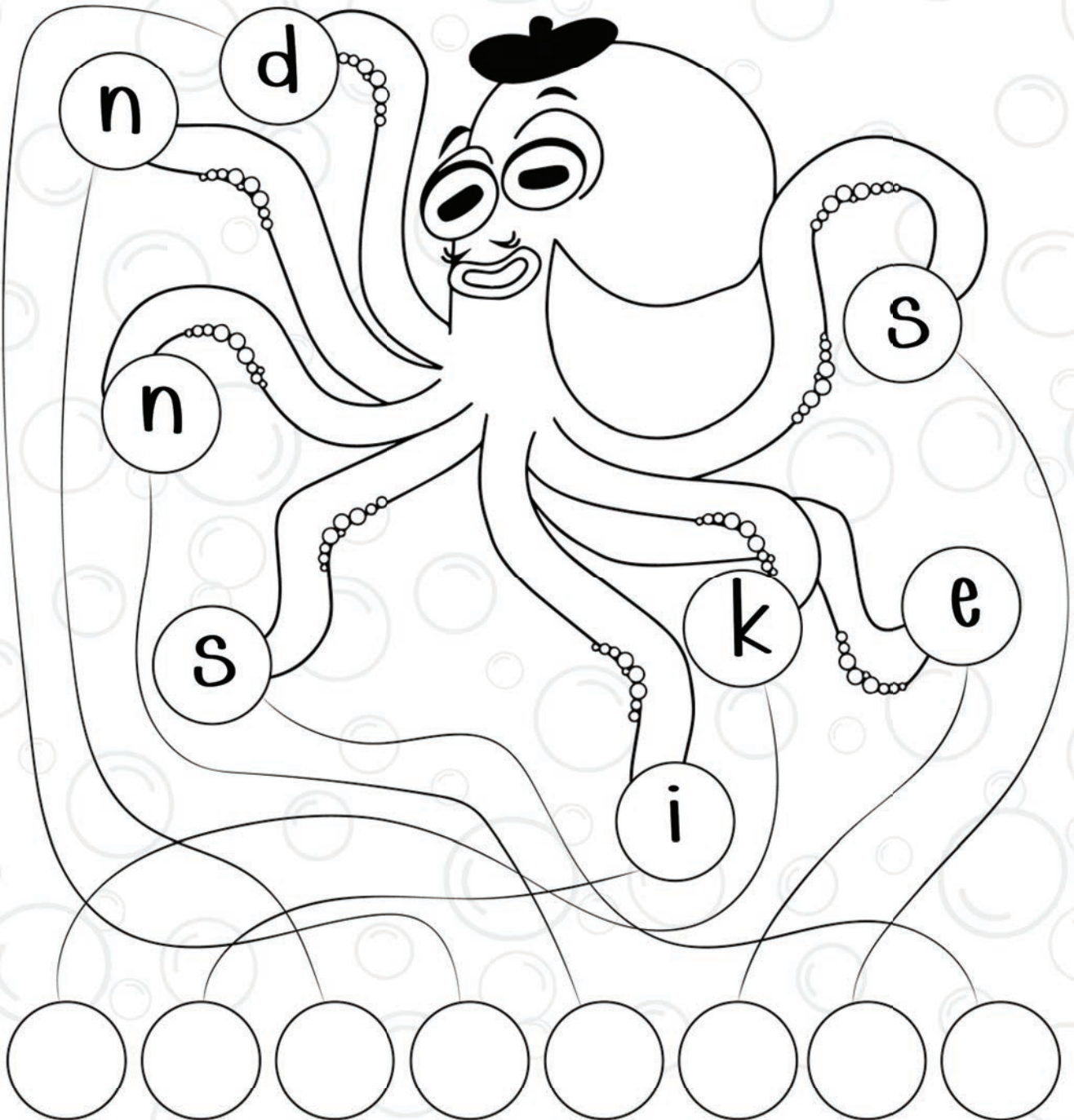
- Pencil
- Coloring pencils



When you are helpful to others, it means you are showing them

\_\_\_\_\_

Unscramble the letters below to find out:





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latest helpful act: **HELPFULNESS**

Draw the last time you helped someone:







**OPEN THE  
DOOR TO  
SOMEONE**



**DRAW ON  
THE WALL  
WITHOUT  
PERMISSION**



**THROW  
TRASH ON  
THE GROUND**



**BE MEAN TO  
OTHER PEOPLE**



**FIX SOMETHING  
THAT WAS  
BROKEN**



**MAKE  
SOMEONE  
CRY**



**SHARE YOUR  
THINGS**



**HELP WITH THE  
DIRTY DISHES**







**FIGHT OVER  
A TOY**



**HELP SOMEONE  
FIND  
SOMETHING**



**RECYCLE**



**MAKE A MESS  
ON PURPOSE**



**HELP CARRY  
GROCERIES**



**HELP WITH  
LAUNDRY**



**PUT YOUR  
TOYS AWAY**



**HELP  
CLEAN UP**





