



Influence

Who else will help?

Stage

1

30 mins



Skills builder



What you'll get out of it

- Find out who helps others.
- Express yourself.

What you'll need

- Colouring pens or pencils
- Paper
- Postcards or small pieces of paper

Aim of activity

There are lots of people who help us every day. Let them know what they're doing is great – you never know, you might encourage them to do even more!



WE DISCOVER, WE GROW

Girlguiding



Influence

Note to leader

Girls shouldn't include full names or personal details (like addresses) on their postcards.

What to do

- 1** Form a circle and talk together as a group. Who helps when people are poorly? What do they do that's helpful and caring?
- 2** There are lots of people who help poorly people. You might think of doctors and nurses, carers, parents, friends and family. Draw a picture of someone who helps people feel better.
- 3** Now show your drawing to someone else. Tell her three words you'd use to describe the person. For example, 'kind, brave and clever'.
- 4** Next, on your own, choose someone you know who's helped you or someone else when they've been poorly. What did they do to help?

Try it this way

You can also pick another helpful person, like your teacher, if you want to.

5 Noticing when people do good things and telling them is a really nice thing to do. Each get a postcard. Draw a picture or write a message to the person you've chosen and tell them why you think they're so helpful. Make sure it includes:

- What they do to help
- Why they deserve a thank you
- The three words you used to describe them earlier

6 Ask an adult to help deliver your postcard to the person. You could give it to them in person, post it or send it by email. Your special postcard will make them feel special and happy. And you might influence them to do more good in the future!