

CL-08A

Being a Good Sibling and Family Helper

Grades K–1

Interpersonal Effectiveness

I'm a Family Helper

Students meet Lupita, a story character who helps, shares, and takes turns, practice three helper moves with hand signals, and circle the family helpers.

HOOK
3 min

TEACH
5 min

PRACTICE
9 min

WRAP-UP
3 min

OPTIONAL EXTENSION
+10 min · Helper Charades

BIG IDEA Everyone can be a family helper: help, share, and take turns.

1 I CAN

- ☐ name the three helper moves: help, share, and take turns.
- ☐ show a hand signal for each helper move.
- ☐ tell when a story character is being a family helper.

KEY WORDS / PALABRAS CLAVE

helper	ayudante
help	ayudar
share	compartir
take turns	tomar turnos
family	familia
job	quehacer

2 MATERIALS

- ☐ Optional: a puppet or stuffed animal to be Lupita
- ☐ Projector page (p. 4) on the document camera, or copied onto chart paper
- ☐ Worksheet (p. 5), one per student, plus pencils and crayons
- ☐ Extension: Helper Charades picture cards (p. 6), one set
- ☐ Family letter (p. 7), one per student

PREP · 5 MINUTES

- Practice the three hand signals and the chant once.
- Copy p. 5 and p. 7, one per student. Print p. 4 and p. 6 once.
- Cut the picture cards apart if you plan to do the extension.

3 STANDARDS

Texas Model 5th ed., 2018	Interpersonal Effectiveness
ASCA Standards Mindsets & Behaviors, 2021	B-SS 2 Positive, respectful and supportive relationships with students who are similar to and different from them · B-SMS 1 Responsibility for self and actions
Social Studies TEKS K §113.11(c)(6)(A)	identify jobs in the home, school, and community
Health TEKS Gr 1 §115.13(b)(3)(D)	describe ways in which peers and families can work together to build healthy relationships
Health TEKS K §115.12(b)(4)(A)	describe positive social skills and personal qualities such as truth, kindness, reliability, and respectfulness
Character traits TEC §29.906(b)(5), (7)	responsibility, including accountability, diligence, ...; caring, including kindness, empathy, compassion, consideration, patience, generosity, ...

4 THE LESSON

HOOK 3 min

SAY "Today we'll talk about story characters, not real people. We'll use the names in the story. This is Lupita Treviño. Lupita's family has lots of jobs to do. Watch me act out a job. Can you guess it?"

DO Act out three family jobs with no words: set the table (plates, then spoons), fold towels, and water the plants. Students whisper a guess to a neighbor, then you name the job. Hold the puppet as Lupita if you have one.

ASK "Can Lupita help with jobs like these?" Take two answers, then say: "Yes! Kids can be family helpers too."

TEACH 5 min

DO Show the projector page. Read: "A family helper helps with jobs, shares, and takes turns." Teach the three helper moves. The class echoes each word and does the signal. **Help:** carry a big pretend box. **Share:** hold out an open hand, like giving. **Take turns:** point to a friend, then to yourself: "You, then me." Teach the chant: "Help, share, take turns. That's what helpers do!"

SAY "Here is Lupita's Saturday. Show me the signals! Lupita helps Abuela fold the towels. (Help!) Her little brother, Iker, wants to color, so Lupita shares her crayons. (Share!) Her cousin Ximena wants the ball. Lupita says, 'No! Mine!' Oops! Lupita stops and thinks. Then she says, 'You go first, then me.' (Take turns!) When everyone helps, shares, and takes turns, families work together like a team. Helper moves work with brothers, sisters, cousins, classmates, and neighbors too."

PRACTICE 9 min

DO · 2 MIN Which helper move? Read each one. Students show the signal and say the move.

- HELP** 1. Emiliano helps Tía carry the laundry basket.
- SHARE** 2. Lily gives her little cousin some play dough.
- URNS** 3. Gael and his big sister take turns with the toy car.
- HELP** 4. Grace puts the spoons on the table.

SAY "On the worksheet, some story characters are not helpers yet. Not yet means they can still learn the helper moves, just like Lupita did."

DO · 7 MIN Worksheet. Help students write their names. Read every line aloud. Part 1: circle HELPER (the check) or NOT YET (the little plant: still growing). Part 2: draw Lupita, the story character, being a family helper, then copy one word from the word bank.

Answer key. Part 1: Helper 1, 3, 5; Not yet 2, 4. Part 2: any helper move (help, share, take turns).

WRAP-UP 3 min

SAY "Let's do our chant with the signals: Help, share, take turns. That's what helpers do!" Say it twice, softer the second time.

CHECK "Show me the helper move: Lupita lets her cousin go down the slide first." (Take turns.) Give the family letters to the teacher for take-home folders.

Short on time? Read only practice items 1–3, and do worksheet Part 1 together as a class. Students can finish the drawing later.

5 OPTIONAL EXTENSION · 10 MINUTES

Helper Charades. Use the picture cards on page 6. Rule: actors act out the jobs on the cards, nothing else.

- 1 Model one card. Act it out with no words. The class guesses the job, then shows the helper move signal (2 minutes).
- 2 A volunteer picks a card. Whisper the words to the actor, who acts for about 20 seconds while the class guesses. Repeat with new actors (6 minutes).
- 3 Helper freeze: hold up one card. Everyone acts out that job at the same time, then freezes like a statue when you say the chant (2 minutes).

The cards are reusable, so keep them clean. No time to act? Sort the cards together into Help, Share, and Take turns piles.

6 SUPPORT EVERY LEARNER

EMERGENT BILINGUALS

Use the pictures and hand signals.
Say the moves in both languages:
ayudar, compartir, tomar turnos.
Point out cognates: *familia, turno.* Let
partners talk in Spanish first. Frame:
"Lupita can ____."

EXTRA SUPPORT

Read every line aloud and point to
each picture. Students may answer
with signals. In Part 2, students may
draw only, or trace a word you write
for them.

STRETCH

Ask: "Which helper move could Ben
use?" Early finishers draw Lupita
using a second helper move on the
back.

7 QUICK CHECK

During practice: watch the signals. If many students mix
up share and take turns, act both out again with the
puppet before the worksheet.

After class: I collect the worksheets and check Part 1.
They go home through the teacher the next day.

The worksheet is about story characters, not the child, so
it is fine to collect.

8 PICTURE BOOKS (OPTIONAL)

Peter's Chair by Ezra Jack Keats (Viking). Spanish edition:
La silla de Pedro (may be out of print). Peter feels left out
when his baby things are painted pink for his new sister.
He "runs away" to the front of his house with his old chair,
finds he is too big for it, then helps paint it for her. Ask
about Peter only: "Which helper move did Peter use?"
(Share.)

The lesson works without a book. Preview any book before you
read it to a class.

9 KEEP IT GOING SCHOOLWIDE · CYCLE 8

MORNING ANNOUNCEMENT

EN "Good morning, Yellow Jackets! Helpers help, share,
and take turns. Today, be a helper at school: share the
crayons and take turns on the slide!"

ES "¡Buenos días, Yellow Jackets! Los ayudantes ayudan,
comparten y toman turnos. Hoy, sean ayudantes en la
escuela: ¡compartan los crayones y tomen turnos en la
resbaladilla!"

HALLWAY IDEA

Post a big paper "Yellow Jacket Helper House" near the
office. When a teacher spots helping, sharing, or taking
turns, the class adds a paper window with its class name,
such as "Room 4."

TEACHER TIP

Name it when you see it: "You took turns with the blocks.
That's a helper move!"

If a student shares something personal: keep the lesson on the characters. "Thanks for telling me. Let's think about what
Lupita could do." If what the student said worries me, I follow up after the lesson using district procedures and my reporting
guides (LR-01, CS-01).

I'm a Family Helper!

A family helper helps with jobs, shares, and takes turns.



Help

Carry a big box.



Share

Hold out your hand.



Take turns

You, then me.

Lupita's Saturday

1



Folds towels with
Abuela

2



Shares crayons
with Iker

3



Takes turns with
Ximena

Ayuda · Comparte · Toma turnos



Helper

Uses a helper move.



Not yet

Still growing!

Help, share, take turns. That's what helpers do!

Name _____

Teacher _____

I'm a Family Helper

A family helper helps with jobs, shares, and takes turns.

Part 1 Circle the helper! Circle **HELPER** or **NOT YET**.

1  Valeria sets the table.

☒ **HELPER**

☐ **NOT YET**

2  Ben grabs all the toys.

☒ **HELPER**

☐ **NOT YET**

3  Joaquín folds towels with Tía.

☒ **HELPER**

☐ **NOT YET**

4  Renata keeps all the crayons.

☒ **HELPER**

☐ **NOT YET**

5  Noah reads to his cousin.

☒ **HELPER**

☐ **NOT YET**

Part 2 Draw it! Draw Lupita being a family helper.

Lupita is a family helper.

Lupita can _____

Word bank: help · share · take turns

Helper Charades

Cut the picture cards apart. An actor acts out one card with no words. The class guesses the job and shows the helper move.



Set the table.



Fold the towels.



Water the plants.



Put the toys away.



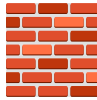
Match the socks.



Read to a little cousin.



Share the crayons.



Share the blocks.



Share the puzzle.



Take turns kicking a ball.



Take turns on the slide.



Take turns with the dice.

Guess Which helper move? Show the signal.



Help



Share



Take turns

Helper freeze: Everyone acts out the job on the card the counselor holds up. Freeze when you hear the chant: “Help, share, take turns. That’s what helpers do!”

Being a Family Helper

Ser un buen ayudante en la familia

Family letter · Carta para la familia · Grades K-1 · Grados K-1



ENGLISH

Dear Family,

This week, your child's class had a lesson about **being a family helper** with the school counselor. We met a story character, Lupita, who helps with jobs, shares, and takes turns. We learned a hand signal for each helper move.

THREE HELPER MOVES

Help with jobs · Share · Take turns. Our chant: "Help, share, take turns. That's what helpers do!"

TRY THIS AT HOME

1. Winter break is coming. If you like, invite your child to help with a small job, like setting the table or matching socks. Say what you see: "You helped! That's a helper move."
2. When two children want the same toy, help them say, "You go first, then me." Taking turns works with brothers, sisters, cousins, and friends.

TALK ABOUT IT AT HOME

"What are the three helper moves? Can you show me the signals?"

Your child may bring home a worksheet about Lupita. Ask your child to tell you how Lupita is helping in the picture.

You are welcome to see any counseling lesson or handout. Call the school office at **956-262-4741** and ask for me.

Mrs. Handy, School Counselor

ESPAÑOL

Estimada familia:

Esta semana, el grupo de su hijo(a) tuvo una lección sobre **cómo ser un buen ayudante en la familia** con la consejera escolar. Conocimos a Lupita, un personaje de un cuento que ayuda con los quehaceres, comparte y toma turnos. Aprendimos una seña con las manos para cada forma de ayudar.

TRES FORMAS DE AYUDAR

Ayudar con los quehaceres · Compartir · Tomar turnos. Nuestro canto: "Ayuda, comparte, toma turnos. ¡Eso hacen los ayudantes!" (En clase lo decimos en inglés.)

PARA PRACTICAR EN CASA

1. Ya vienen las vacaciones de invierno. Si gusta, invite a su hijo(a) a ayudar con un quehacer sencillo, como poner la mesa o juntar los calcetines por pares. Dígale lo que ve: "¡Ayudaste! Eso hace un buen ayudante."
2. Cuando dos niños quieran el mismo juguete, ayúdeles a decir: "Primero tú y luego yo." Tomar turnos funciona con hermanos, primos y amigos.

PARA PLATICAR EN FAMILIA

"¿Cuáles son las tres formas de ayudar? ¿Me enseñas las señas?"

Es posible que su hijo(a) traiga a casa una hoja de trabajo sobre Lupita. Pídale que le cuente cómo ayuda Lupita en su dibujo.

Puede ver cualquier lección o material de consejería cuando guste. Llame a la escuela al **956-262-4741** y pregunte por mí.

Sra. Handy, consejera escolar