

Option 1 - *"Helping hands"*

You will need to copy the helping hands activity sheet – allow enough sheets to give one for every 5 or 6 people in your congregation, with sufficient for children to have one each. Ask the congregation to work in small groups using the helping hands sheet, and to talk about the different people that help them in different ways. To prompt ideas, you might want to think about friends and family, people whose job is to help and people in the community. Write the name or role of a helper on each finger of the hand. Invite children in the congregation to come to the front and tell everyone about the helpers they have thought of.

Option 2 – *"Who can help?"*

There are two ways that you may wish to use this activity. In a congregation that includes children and young people, you may wish to ask for some volunteers to take on different "identities", standing at the front holding one of the role cards. Read each scenario and give the congregation time to think then respond. The children in the congregation are then invited to physically move to the person they would go to for help in the given situation. In an all adult congregation, you may just wish to ask people to discuss the scenarios and come up with their own suggestions as to where they would seek help.

Role cards:

Police officer, Nurse, Teacher, Minister, Shopkeeper, Older person

Scenarios:

1. You are at the bus stop in town and the person next to you starts to sway and sits down on the bench hurriedly. You ask if they are okay and they reply that they feel very faint...
2. You have exams next month and are getting increasingly stressed about them and finding it hard to sleep...
3. You are in the shops and notice a toddler who is crying and seems to be on their own – there are no adults in the same aisle as they are.
4. You have to complete a history project at school about the 1960s, and have no idea where to start.

Helping hand sheet

