

# HELPERS & HEROES

Participating in a Pennies for Patients fundraiser is a great way to build social-emotional learning skills. Use this activity to focus your students on the importance of helping others during the fundraiser and every day.



**Materials for each student:** copy of the “Helpers & Heroes” pattern for your grade, scissors, crayons or colored pencils, tape

**Optional materials:** copies of the star and lightning bolt patterns, yellow paper, gold glitter pen, aluminum or gold foil

**In advance:** Copy the appropriate list of social-emotional learning skills (see the box) on a sheet of chart paper.



## SKILLS THAT HELP YOU HELP OTHERS

### For younger students:

- Understanding and caring about how someone else feels
- Wanting to help someone who needs help
- Giving what you have to others
- Working together
- Planning what you need to do
- Believing in yourself and your abilities
- Sending messages to others clearly
- Showing respect to those who may be different from you because of a sickness

### For older students:

- Empathy
- Compassion
- Generosity
- Teamwork
- Goal-setting
- Self-confidence
- Communicating clearly
- Respect

## Steps:

1. Display the list of social-emotional skills and read it aloud with students. Clarify for students any skills they may be unfamiliar with.
2. As a class, spend several minutes brainstorming how social-emotional skills like those listed on the chart can help students in school, at home, and in the future.
3. Review with students how Pennies for Patients helps children and families that are battling cancer. Then ask students how this fundraiser can also help kids build important social-emotional skills like those on the chart. Use these examples to guide the discussion:
  - Students will practice **communicating** and **expressing themselves** clearly when they ask potential donors for contributions.
  - Students will practice **empathy** as they consider how students and families affected by cancer may feel.
  - Students will be asked to **set individual goals** and work throughout the campaign to achieve them.
4. Talk with students about how they can make more than financial donations to Pennies for Patients. For example, instead of spending an hour playing video games, a student can use that time to contact friends, neighbors, and family members to ask for donations. Another student might use artistic skills to make posters advertising Pennies for Patients or to make cards for local cancer survivors. Divide the class into small groups to brainstorm other ways they can give their time and talents to Pennies for Patients. After several minutes, provide time for groups to share their ideas.

## PENNIES FOR PATIENTS OVERVIEW

- More than **12 million students** in **24,000 schools** across the country collect donations to help fight blood cancers.
- Programs typically run for **three weeks** between November and May.
- Schools register and set a fundraising goal. Students receive **collection boxes** and **parent letters**. Schools receive Honored Hero posters, goal-setting posters, and more to help get the word out.
- Students learn about **local cancer survivors** and patients. Some schools have kickoff assemblies, classroom competitions, and thank-you gifts.
- Students have raised more than **\$393 million** for research, patient and community services, and education.

5. Give each student a copy of the “Helpers & Heroes” pattern page, scissors, and crayons or colored pencils. Thinking about Pennies for Patients, have each student complete the pattern by following these directions:

- **For younger students:** Have each student draw a picture illustrating himself or herself doing something that helps someone else. Then help children finish the sentence starter.
- **For older students:** Have each student finish the sentence starter to explain why helping others is important. Have the student add an illustration if space allows.

6. Have each student color and cut out the pattern.

7. Display the patterns on your classroom door or in the hallway outside your classroom. Add the title “Helpers & Heroes Together!” Optional: Enhance the display using these suggestions:

- Print the star and lightning bolt patterns on yellow paper. Have students help you cut them out. Outline each star with a gold glitter pen. Post the stars and bolts around the display after the glitter glue dries.
- Print the star patterns on sturdy paper and cut them out. Then have students trace the stars on sheets of aluminum or gold foil. Help them carefully cut out the stars. Then attach them to the display.



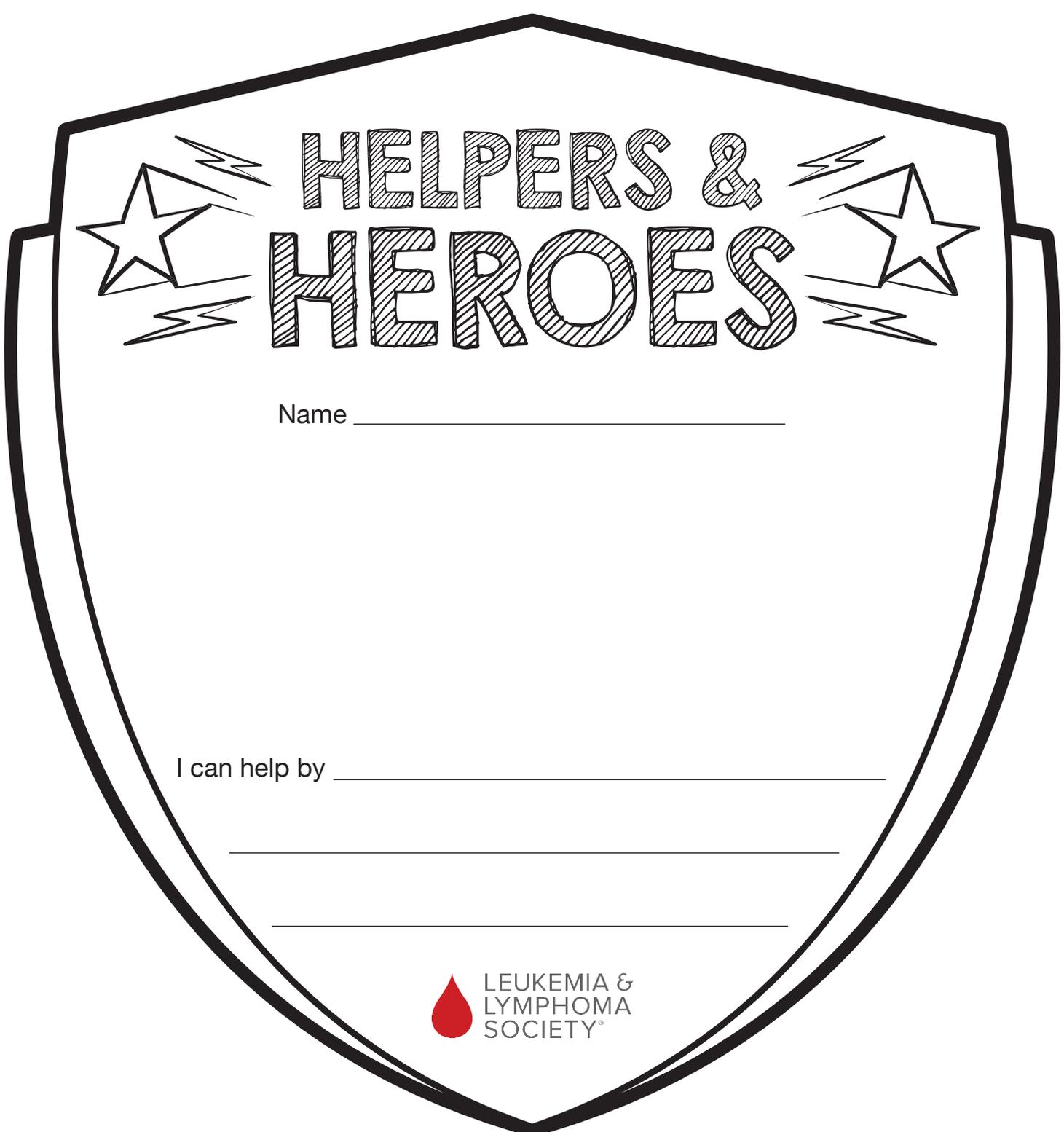
**Administrator’s tip:** Pledge to come to school dressed as a superhero if every class in your school creates a display or if your school reaches its fundraising goal. Students will be extra motivated!

## BLOOD CANCER BASICS

- Blood cancers can affect the bone marrow, blood cells, lymph nodes and other parts of the lymphatic system. Blood cancers include **leukemia, lymphoma, myeloma**, and other diseases.
- About **every 3 minutes** someone in the United States is diagnosed with blood cancer.
- Blood cancers affect over **1.3 million people** in the United States.

## ABOUT LLS

- The Leukemia & Lymphoma Society is the **world’s largest voluntary health organization** dedicated to **funding blood cancer research** and providing education and patient services.
- Since 1954 LLS has invested nearly **\$1.3 billion** in groundbreaking research and in support and education.
- LLS funds research at nearly **100 medical institutions** around the world.



# HELPERS & HEROES

Name \_\_\_\_\_

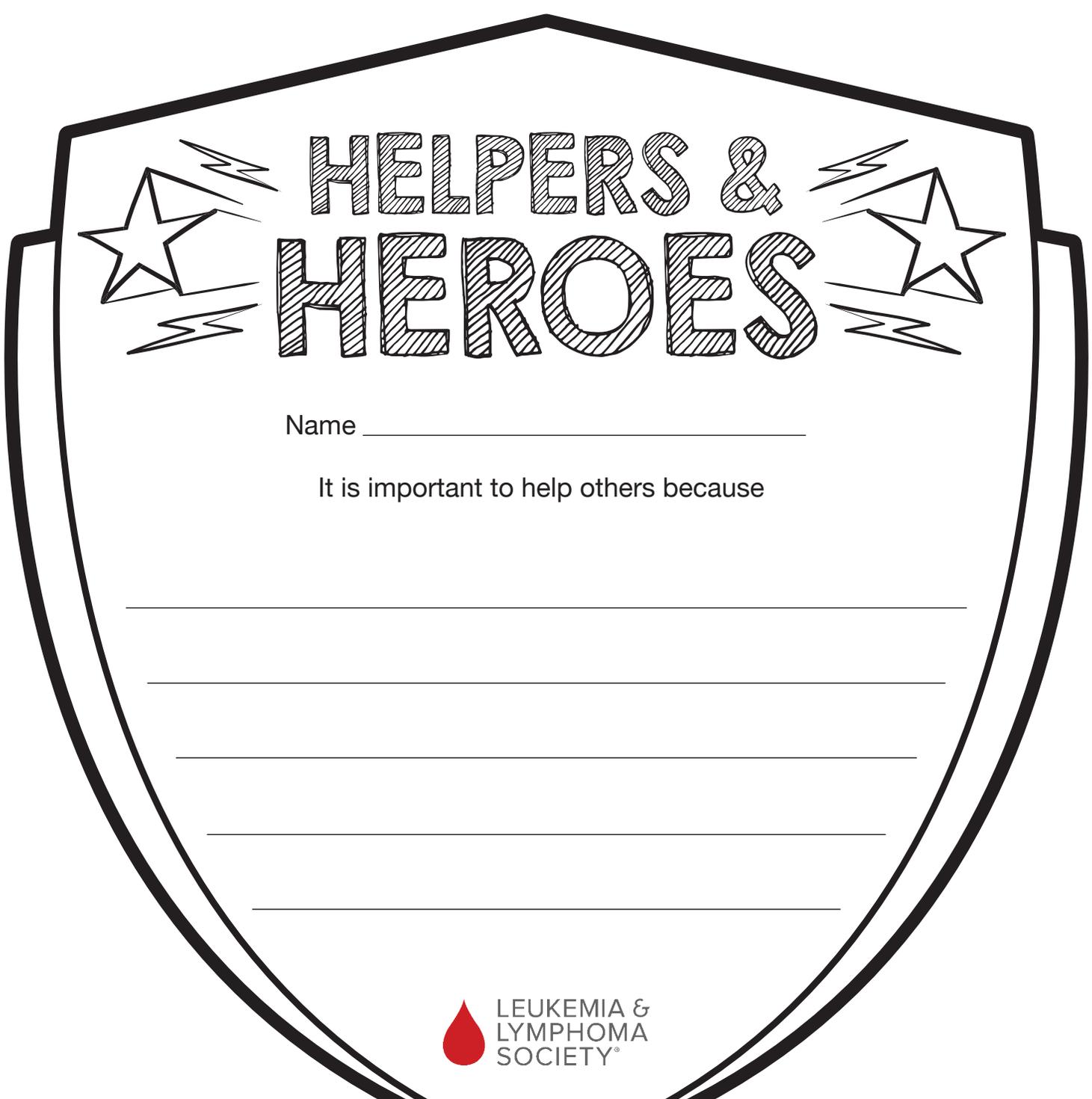
I can help by \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



LEUKEMIA &  
LYMPHOMA  
SOCIETY®



# HELPERS & HEROES

Name \_\_\_\_\_

It is important to help others because

---

---

---

---

---

Star and Lightning Bolt Patterns

