



Join in. Lend a Hand. Make a Change.

This 60-minute learning sequence has been designed to help students reflect on the importance of helping others, through poetry.

A series of freewriting exercises and reflective writing activities will guide students on a learning journey, which culminates in the composition of a poem.

The learning sequence is aimed at Key Stage 2 students and can be delivered as part of the English or PSHE curricula (Core Theme 3: Living in the Wider World, Shared Responsibilities, Communities, Economic Wellbeing).

Learning Objectives:

- I can reflect on the importance of having compassion towards others and understand the shared responsibilities we all have for caring for others and living things.
- I can think of ways to show care and concern for others.
- I can write a poem about helping and caring for others.

1. Warm Up Your 'Writing Muscles'

Freewriting is a technique writers use to warm up their 'writing muscles'.

INSTRUCTIONS: set a timer to 3 minutes. Inspired by one of the prompts below, write as quickly as you can and, most importantly, continuously, for 3 minutes without worrying about style, spelling and grammar. Just write whatever comes up!

If you are stuck, write the same word over and over again until something else comes up. There is only one rule: never stop writing!

Choose from one of the following prompts:

If I can stop one heart from breaking...

Stop to cheer a fellow human...

If we only understood...

No human is an island...



When the time is up, ask volunteers to share their freewriting.

2. Helping Each Other

Ask students to answer the following questions briefly in writing.

1. Has anyone helped you in any way (other than your friends and relatives)? This could be someone who has given you directions, advice, guidance, or information, or even a doctor, a nurse, or someone who has driven you somewhere.
2. Have you helped anyone before (other than your friends and relatives)? What did you do?

Ask volunteers to share their experiences. Discuss as a group and come up with a class list of all the ways we can help each other in our communities.

3. Helpful Lunes

INSTRUCTIONS: Now compose a lune using material from your answers and the discussion. A lune is a poem with 13 syllables and 3 lines that can have a 3,5,3 words pattern (or a 3,5,3 syllable pattern). Use this structure for your lune:

LINE 1:

3 syllables OR 3 words about the **person who helped you**

LINE 2:

5 syllables OR 5 words about the **person you helped**

LINE 3:

3 syllables OR 3 words about how **helping and being helped makes/made you feel**

Ask volunteers to share their lunes.

4. Volunteer a Half-Found Poem

Introduce volunteering: you can help through volunteering, or spending unpaid time doing something that benefits others. Volunteering can be done through organisations but you can also volunteer informally in your community.

Discuss as a group:

- Can you come up with examples of organised and informal volunteering?
- Do you have any volunteers working in your school?

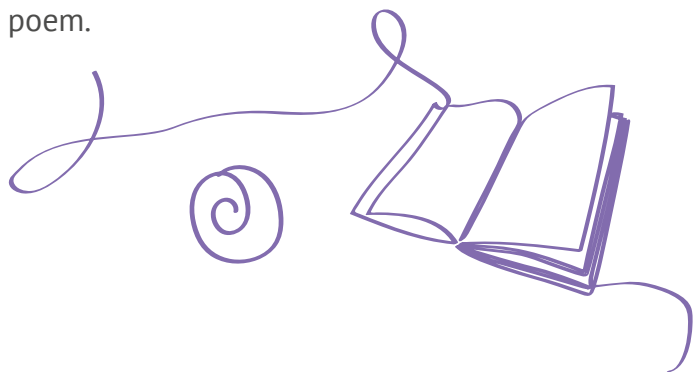
INSTRUCTIONS: A 'found poem' is composed by taking words, phrases, or whole paragraphs from ready-made sources reorganising them, as well as adding or deleting words and spaces from ready-made text. A 'half-found poem' is only partially ready-made. Use the ready-made line starters below to start your 4 lines and compose your half-found poem.

Volunteers are...

Tell them that...

But there are moments when...

I pledge to...



The Final Touches

INSTRUCTIONS: Now copy your free writing from exercise 1, your lune from exercise 3 and the half-found poem from exercise 4.

Use this as a draft for your poem. A draft, like a baby poem, is a quick sketch, outline, or an initial version from which a final poem is then produced.

You can now substitute, add, delete and move lines around to ensure that your poem is as beautiful and impactful as it can be. Remember that this is all about playing with language and inventing your own poetic style. Don't forget to choose a title!

Ask students to transcribe the final version of their poem.

Share, treasure and display your final poems.