People Who Help Us

Communication and Language

- Ask a parent or staff member whose job involves helping others to come into school and talk to the children about what they do. Encourage the children to listen carefully to how that person's job involves helping others and give the children time to ask questions about what they have heard.
- Place a selection of photos of **People Who Help Us** onto the floor. Ask the children to think of a time when they have been helped by one of these people in the past. Can they discuss how the person helped them and how they felt at the time?
- As the children match pieces of equipment to their owner during this **People Who Help Us Equipment Sorting Activity**, introduce and explain new vocabulary and encourage them to listen to each other's suggestions.
- Create a 'people who help us' themed role-play area to inspire the children to use new vocabulary that they have learnt during the topic.

Topic Vocabulary: unhelpful, helpful, transport, emergency, vehicle, paramedic, doctor, fireman, sirens, tools (hammers, spanners, syringes, stethoscope, bandages etc..) occupations, symptoms, illness,

Personal, Social and Emotional Development

- Pretend a doll is poorly and needs to go to hospital. How might the doll be feeling about going to hospital? Discuss what the children could say or do to help the doll.
- Challenge the children to work together in groups to build an emergency services vehicle. They could use large building blocks or junk-modelling materials. Discuss how it felt working together.
- Ask the children if they can think of anyone who helps them and how it feels to have people who help and care for them. Ask the children how they could thank those people who help them. For example, by making thank you cards for them.
- Pretend to brush your teeth with a toothbrush and toothpaste. Discuss who helps us to look after our teeth. As well as dentists, ask the children to think about how they can help to look after their own teeth.
- Practise being doctors who are about to operate on a patient. What do they need to do first? Importance of handwashing.
- Acting out scenarios of children who don't' have a friend, are teased or have hurt themselves. How might they feel? Who might be able to help? What kind of things could help?

Physical Development

- Choose a selection of People who Help you cards to create a movement game. As the children are shown a flash card, they have to do a set movement. For example, when they see a mountain rescuer, they climb.
- Explain that a postal worker needs the children's help. Provide the children with 'post' and a range of wheeled resources (to develop children's core muscles. Can the children use the resources to deliver the post around the outside area?
- Around your outside environment, draw some fires using chalk. Then, provide children with spray bottles filled with water. Help to develop their small motor skills by encouraging children to be firefighters by using their spray bottles to put out the fires.
- Create an obstacle course in the outside area for children to complete firefighter training. Provide benches to balance and walk along, hoops to jump through, tunnels to crawl through, obstacles to climb over and practise rolling skills.

Literacy

- Read **'Charlie the Firefighter'** with the children. Then, act sad that another adult in the setting missed it. Can the children help to retell the story? They could record themselves retelling parts of the story or draw and write about key events.
- Create a class book all about people who help us. The children choose which profession to write about. At the end of the day, the teacher or another child can read out a page from the class book.
- Read non-fiction stories about people who help us, use the headings who, doing what, where to help children structure information.
- Read fiction stories such as Mr Benn- Zookeeper, Goldilocks and the three bears, The three Billy Goats Gruff, Jack and the Beanstalk, Little red hen, Tiger who came to tea to identify people/animals who were helpful or not.

Mathematics

- Pretend the children are lollipop people and need to know what is on the road. Use up to five toy cars, create different arrangements and ask the children to subitise and say what they see on the road.
- Create a doctor's surgery by placing chairs in a 5-frame pattern. Choose children to be patients in a waiting room. Explore addition or subtraction as more patients arrive and patients leave to see a doctor.
- Explore the shapes of emergency vehicles using mathematical language: straight, flat, corners, cuboids, solid etc.
- Create a **Post Office** and provide parcels of different weights and lengths for children to explore and compare using a balance scale as they role play as postal workers.

Understanding the World

- Take the children to see where different people who help us work. Walk to Ongar High Street – observe train station, library, food shops.
- Learn about Florence Nightingale to inspire discussions about the job of a nurse in the past and present.
- If any child has a family member who works in a profession who helps others, encourage them to share photos and talk about the job their family member does.
- Use a map to show where the children's school is and what surrounds it. Draw pathways on the map to show where people who help are located.
- People who help us often use computers to help record information. Explore different parts of a computer and create a what I want to be when I am older poster on the computer.
- Have fire truck come in. Feel the force of the water coming out of the hose.

Expressive Arts and Design

- Create a Doctors Surgery to encourage role play and use of vocabulary such as stethoscope, injection, syringe, prescription, x-ray, temperature.
- Junk modelling- Can the children plan and then design a new look for emergency vehicles? They could use paints, collage and different materials.
- Different religions and cultures help people belong to a community. Through music and dance explore Diwali, Hanukkah, Kwanzaa and Christmas.