



# Head, Heart and Hands (1)

## Helping Others

Foundation House / Elementary (Classes 5-7)



**Holistic Education of the Head, Heart, Hands**

**Helping Oneself and Others**

### Instructions to students:

The students draw a human figure on the paper, taking it in turns to draw the different body parts including brain, heart etcetera. The human figure is given a name – for example 'Pesta'. The students name the different parts of the body being drawn.

The students now take it in turns to write a verb connected (not necessarily scientifically) with the different parts of the body, on or near the drawing of the body part. (For example 'love' on the heart, 'think' on the brain and 'run' on the legs.)

The students think about different ways 'Pesta' can help others using the body parts they have drawn and the verbs they have written.

### Materials Needed

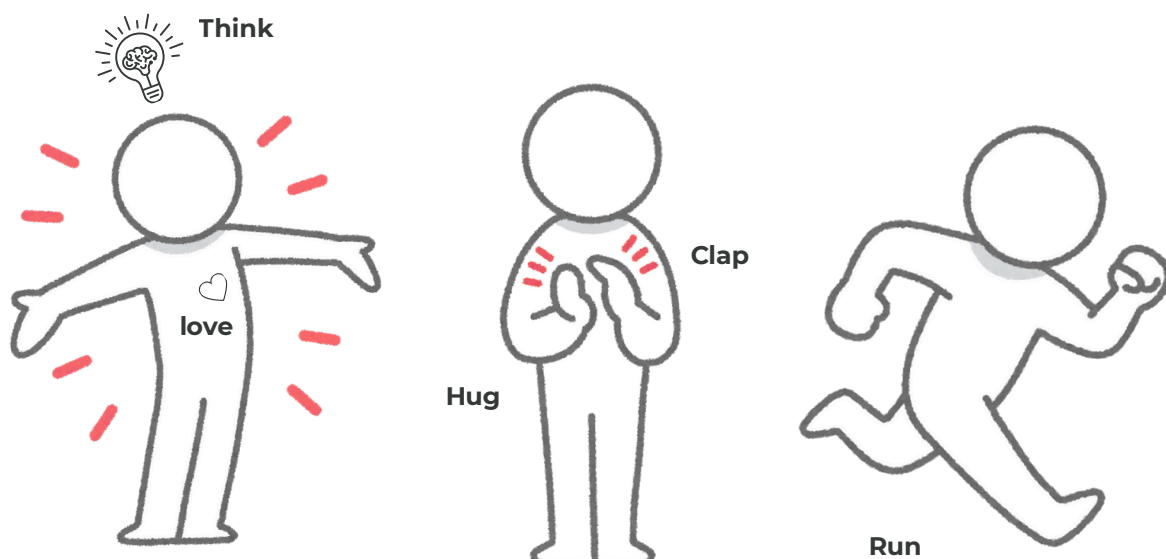
- Large sheets of paper and different coloured marker pens
- Blu-tack

### Examples for students.

Pesta uses his **head** to **think** and solve problems

Pesta uses his **hands** to **clap** and cheer for others.

Pesta uses his **legs** to **run** for help.





# Head, Heart and Hands (1) Helping Others

Continued

Pestalozzi believed that we should help each other using our heads, our hearts and our hands. 'Head' includes what we think and study, 'heart' includes qualities we have and what we feel, especially love, and 'hands' include the actual things we do practically.

For further information about Pestalozzi's Head, Heart and Hands philosophy refer to the bold typeface at the end of the Teaching Idea 'Head, Heart and Hands (4) - The Importance of Our Actions'

