

Recommended Teaching Steps
2 sessions (35 - 40 minutes each)

Recommended to teach the core parts marked with ★ first. The parts without ★ can be skipped if there is not enough time.

Activity/Game

Activity/Game 1:

Small Deeds Great Meanings

Ask students to write down their experiences of “helping others”, “being helped by others” and volunteering (on or off campus) on a game card or a blank sheet of paper. If they are boy scouts or girl guides, they can also write down the service they had participated. Give them about 2 minutes, the time can be adjusted according to the situation.

Activity 1 Concept

Teach students not to look down upon themselves. It is actually easy for us to “help others”. We “help” and “get help” all the time in our daily life. One tiny move may make a big difference. When we do someone a small favour, that favour may benefit ourselves as well. This responds to the 1st learning point of this module: feeling and learning the meaning of “helping others and oneself”.

PowerPoint for Teaching



Session 1

★ 1. **Warm-up:** Ask students (or randomly pick 4 - 5 students) to share an experience of “helping others”/“getting help” and how they felt. Teachers can share their experience of being helped or helping others before asking students. Explain that the experience is not necessarily a big favour, it could be something small, such as:

- Helping teachers to distribute worksheets or circulars
- Helping classmates to solve problems in their homework
- Lending stationery to/borrowing stationery from classmates
- Helping family to do laundry/cook
- Shopping for family members/family members shop for you
- Accompanying family member or friend to see doctor/having them accompanying you to see doctor
- Comforting sad family members/friends
- Showing care to family members/friends
- Offering a seat to/taking a seat from others on public transportation
- Flag-selling/donation to charity groups

After raising examples, let students name a few more. Conduct **(Activity/Game 1)** and guide students to think about:

- Why do we help others? (What are the reasons and motivations?)
- Do we feel happy when/after helping someone?
- How do we feel when we get help from others?

Recommended time for questions + game:
about 5-10 minutes in total



★ 2. When **(Activity/Game 1)** is finished, ask students to share their experiences and feelings of helping others/ getting help/volunteering. Teachers can then select a special case to illustrate the messages below:

- **It feels good to help others:** helping others is an act of care which gives oneself happiness. It is a blessing to be capable of helping others.
- **Everyone needs help from time to time:** we “help others” and “get help” every day. Whoever we are, we need help from time to time, and it does not mean that we are weak. While we are capable of helping others today, we may need help from others tomorrow.
- **Small deeds could bring great impact:** helping others unconditionally is an act of selflessness. It looks insignificant but could result in great impact. For example:

During the Covid-19 epidemic, we can “help others” and “help ourselves” by bearing our own responsibility: wear masks to prevent the spread of the disease and conduct self-quarantine when necessary.

Help others: prevent the spread of the disease

Help oneself: lower the chance of being infected

- **Help others to support themselves:** besides helping others to overcome difficulties, it is more meaningful to help them support themselves. For example, we can help disabled people to live independently and make their own living, or teach elderly singletons to use cellphones so that they can receive information more readily.
- **Passing on the spirit of caring:** when we help others, other than feeling happy, we are passing on the good spirit of helping others - when someone receive help and care from others, such spirit will be embedded and flourish in future. The sense of empathy will spread and grow into a thriving power for social development.

If everyone can take on their own responsibilities and help others when they are able to do so, the society will run more smoothly. Embracing the spirit of helping others and oneself can bring great meaning and power. Caring for people around us is the first step of caring for the society.

Recommended time for teaching: about 5 - 10 minutes

★ 3. Point out that “disadvantaged groups” are inevitable in a society and we need to give them extra care. Ask students what kind of people need our help in the society nowadays. Let students answer freely and supplement when necessary. Examples include:

- Elderly/elderly singletons
- Poor people
- Patients with chronic diseases (such as those who are suffering from organ failure and require organ transplant)
- Children/minors
- Discharged prisoners
- Physically disabled persons (congenital or acquired)
- Mentally ill persons

Recommended time for discussion: about 3 - 5 minutes

★ 4. Point out that the “disadvantaged groups” as mentioned by students require assistance and care of others, however, many of them are actually capable of helping themselves and even other people. They show the true meaning of “social caring”. We should appreciate and learn from their remarkable lives and the contributions they made. The cases are worth sharing with students. Teachers then conduct **[Activity/Game 2]**. In the cases below, recommend to first play the video of Lui Yip Kit-Ha, Cynthia, bringing out the spirit of selfless love in her liver donation.

Activity/Game

★ Activity/Game 2:

Helping People Help Themselves, Care for the Society

If time allows, play different videos about the cases of “helping others to help oneself”. The recommended videos can be found on the Internet. Please refer to step 4 on the left for the concept of each case.

Activity 2 Concept

With examples in real life, explain the importance of helping oneself and others and the true meaning of giving back to the society, responding to the 1st learning point of this module: the meaning of “helping oneself and others”; and the 2nd learning point: to learn about the disadvantaged groups. Through the relevant cases, students can also learn about the spiritual experience of organ donors, responding to the 4th learning point: to understand the meaning of organ donation.



Concept of Lui Yip Kit-Ha, Cynthia's Video

Mrs. Lui showed her great love by donating an organ to a non-blood related friend. She had quite some physical problems when she was a child and even underwent a spine correction surgery, so she understands how much sickness can bother a person. That is exactly why she did not hesitate when she could save her friend by donating part of her liver. Mrs. Lui has lived up to and passed on the spirit of love by "helping others and oneself".

Concept of Kelly Tang, the Glassy Girl's Video

Kelly suffered from osteogenesis imperfecta, which is also known as "brittle bone disease". She has a small body and cannot stand or move without an electrical wheelchair. However, she did not give up on herself. With the spirit of helping oneself, she keeps on studying and got herself a job. Kelly was elected as one of the 16th Top 10 Regeneration Warriors and nominated as an awardee in the 5th Hong Kong Loving Hearts Campaign.

In addition, she loves writing Chinese articles and has written columns for an online magazine, hoping to encourage people who are suffering from adversity. From her life experience, students can see her resolute and optimistic spirit which is worthy of recognition and respect.

Concept of Chan Cheuk-Ming's Video

Chan Cheuk-Ming is often called "Ming Gor". He is known for giving out free meals to the grassroots and the poor elderly. Though he is not a rich man, he did whatever he could to help those in need. His kindness has motivated a number of people who join hands with him in contributing to the society. Ming Gor and his team are ordinary people like us. Their kind act proves that irrespective of our age or our position, we can also try our best to help those in need if we wish to do so.

Activity/Game

[1] Lui Yip Kit-Ha, Cynthia

Title: 愛心捐肝 葉潔霞 (2018)

[Length: 21'51"]

1'28" Her childhood and reason of donation

3'15" The opinion of people around her

7'40" The risk of living donation

10'27" Sharing with the recipient

11'26" The pressure and pain she faced

17'23" Her religious belief and sharing

Title: 捐肝救胡校長 (2016)
[Length: 1'30"]

Article: 香港活體捐肝的大愛故事 (2017)

[2] Kelly Tang, the Glassy Girl

Title: 「你是主角」第十九集 玻璃天使 (2016)

[Length: 27'32"]

1'51" Basic Information

4'44" Growing up and start learning

7'40" From university to the society

10'02" Comments from her ex-employer and friends

11'49" Joining volunteering services, falling in love

14'40" Restart with the support of her religion

19'16" Sharing of her life experience

Title: 「你是主角」第十四集 玻璃天使 (2016)
[Length: 2'29"]

Concept of Mother Teresa's Video

Mother Teresa was renowned for her selfless spirit, love and care for the people. She established "Home for the Dying" to accommodate and take care of the ill who are at death's door. It shows that she really cared for the disadvantaged groups and took actions to help. She believed that the biggest misfortune of humanity was not poverty or illness, but the lack of help in the face of adversity. Mother Teresa's work has shown great love and care for the people and the society which responds to the key learning points of this Module. In addition, there are a lot of English materials in this case which are particularly suitable for non-Chinese students.

More details of the above cases can be found in the "Teacher's Reference" section of this toolkit on pages 88 - 89.

★ 5. Summarise as follows after watching the video:

- "It is more blessed to give than to receive". Helping others can bring us satisfaction and happiness spiritually.
- In our daily life, everyone needs help from the others, one way or the other; some disadvantaged groups in the society might need more help and care.
- According to the earlier videos and cases presented, even the disadvantaged groups can help themselves and others as long as they are perseverant enough. They can try their best to make contributions to the society.
- To help others, we can start with a tiny move: a warm regard to family or friends, a caring message, giving seat to others, a small donation, a simple volunteer service. Many little things can make a difference.
- Let's start from today.

Recommended time for video + teaching + discussion:
about 5 - 10 minutes in total

Activity/Game

[3] Chan Cheuk-Ming

Title: 明哥：我係補鑊佬(2017)
[Length: 10'46"]

0'01" The situation of giving out free meals

3'36" Plugging the gap/
impressive moment

5'53" Future planning

6'28" The belief of helping others

8'23" Words of the volunteers

9'38" Words of Ming Gor

Title: 明哥與他的後來者(2020)
[Length: 3'42"]

0'01" Support of the volunteers

0'59" Thoughts of the volunteers

1'32" The joy of helping others

2'00" Taking action to help

2'25" Giving is a better blessing
than receiving

[4] Mother Teresa

Title: 聖德蘭修女生平(2017)
[Length: 6'48"]

0'01" Basic Information

0'46" Her brought up, believing
in God

2'00" Set up organisation to
take care of the poor

3'38" Set up Missionary Sisters
of Charity

5'02" Passed away, her honour

Title: 德蘭修女安息的房間
(2016)
[Length: 3'59"]

0'02" Her room

1'13" "Home for the Dying"

2'28" Difficulties she encountered

3'06" The "Children's Home"



★ 6. Teachers can then start **[Activity/Game3]**, using daily life examples to bring out the message that even for something tiny, we will feel happy when we receive help from others.

After the activity, ask students to give some thoughts to the following: even a small gift can make us happy, for patients who are waiting for organ transplant, their joyfulness must be inevitable if they are able to start a new life after organ donation, as the organ recipient in the case of Lui Yip Kit-Ha, Cynthia **[Activity/Game2]**.

Recommended time for teaching + game:
about 3 - 5 minutes in total

7. Then, point out that there are a lot of people/things around us that are worth caring and helping. We should not be too self-centred or selfish. Instead, we should show more care to the people around us, as well as the different community groups in the society. Give some simple guidance to students, such as:

- Show your concern and send regards to sick classmates/teachers
- Pay attention to the classmates who are absent, find out the situation and show your concern/send regards timely
- Helping classmates to solve problems in their homework
- Send regards to friends you have not seen/contacted for a long time
- Send blessings or small gifts to friends/classmates/teachers on a festival
- Send a blessing to friends/family members on their birthdays [through internet/mobile phone]
- Nod to a neighbour/security guard/janitor with a smile and say "good morning"

"A journey of a thousand miles begins with a single step", let's put words into action. Conduct **[Activity/Game 4]**.

Activity/Game

★ Activity/Game 3: Helping Others The Source of Happiness

Teachers can prepare a few small gifts, such as a ball pen/a pack of tissue/a mask etc.

- (1) Ask students if any of them has forgotten to bring a ball pen? Tissue? Or need another mask?
- (2) Teachers can then give out small gifts to those students who have expressed their need [draw lots if there are too many]
- (3) Then ask students about their feeling after receiving the small gift

Activity 3 Concept

Whoever we are, there may be situations that we need to seek help. It is happy to receive help from others.

- ★ 8. After distributing the “caring cards” (**Activity/Game 4**), ask students to fill it in. Instead of collecting the cards back, encourage students to put their care into action and hand the card to the one they care.

Summary: school is the epitome of our society. If we care for everyone and every tiny things around us, we can gradually influence our family and friends, the young and the old, and eventually help bring out the positive energy of our community, as well as a caring atmosphere in the society. We should note that this does not only benefit the disadvantaged groups, but the whole society.

Recommended time for teaching + game + summary:
about 3 - 5 minutes in total

End here for Session 1 for non-consecutive lessons

Activity/Game

★ Activity/Game 4:

Small Favor Big Reward

Distribute “caring cards” to students. Ask students to think of a person or a matter that they want to show their care for, then write down the following information on the card:

- (1) name of teacher, janitor, neighbour, senior, friend or classmate that they want to show their care
- (2) reason/benefit
- (3) the care they wish to deliver
- (4) completion date

Activity 4 Concept

A school is a mini-society. The Activity is to encourage students to put words into action and to deliver their care for others. It is hoped that students can put what they have felt, experienced and learned into actions, and start caring for their community, while at the same time feel the happiness of helping others.