

# World Humanitarian Day Activities for Kids

## Infant Activities (Birth–12 months)

### 1) “Kind Hands” Sensory Basket

**Materials:** soft cloths, baby-safe mirror, textured ball, board books about feelings/families

**How:** Babies explore while you name gentle actions.

**Teacher talk:** “Gentle hands. Helping hands.”

### 2) Comfort & Care Routine Practice

**Materials:** dolls/stuffed animals, small blankets

**How:** Model “caregiving” with babies watching: pat, cuddle, cover with blanket.

**Teacher talk:** “We help others feel safe and cared for.”

### 3) Handprint Heart Keepsake

**Materials:** washable paint, cardstock, wipes

**How:** Make one handprint and add a heart sticker. Title: “I Can Help” + date.

**Teacher talk:** “Your hands can help.”

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## Young Toddler Activities (12–24 months)

### 4) Helping Choices Picture Match



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**Materials:** picture cards (sharing, cleaning, hugging, giving, comforting)

**How:** “Point to helping!” “Show me sharing!”

**Teacher talk:** “Helping is kind.”

## 5) “Pass the Help” Turn-Taking Game

**Materials:** soft ball or beanbag

**How:** Roll/pass to a friend; say “Here you go!”

**Teacher talk:** “We help our friends take turns.”

## 6) Class Kindness Poster

**Materials:** large paper heart, stickers, crayons

**How:** Each child adds a sticker or mark to the poster: “**We Help**”

**Teacher talk:** “We are a caring classroom.”

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# Toddler Activities (2–3 years)

## 7) Community Helper Dramatic Play

**Materials:** toy doctor kit, bandages (pretend), toy phone, clipboards, vests

**How:** Set up a “Helping Station” (doctor/rescue/food helper).

**Teacher talk:** “Helpers take care of people.”

## 8) “Kind Words” Circle Time Practice

**Materials:** a soft “talking” plush

**Practice phrases:** “Are you okay?” “Can I help?” “You can play with me.”

**Teacher talk:** “Words can help people feel better.”



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## 9) Simple Service Project: Snack Share Box

**Materials:** napkins, pre-packaged snacks, paper bags, label sign

**How:** Children help fill a classroom “share box” for your front office/family shelf (follow your program policy).

**Teacher talk:** “We help our community.”

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## Preschool Activities (3–5 years)

### 10) “What Is Helping?” Brainstorm Chart

**Materials:** chart paper, markers

**Prompt:** “Helping looks like...” (share, listen, include, clean up, comfort).

**Teacher talk:** “We can all be helpers.”

### 11) Kindness Coupons

**Materials:** paper strips, stapler

**Coupon ideas:** “Help clean up,” “Give a compliment,” “Read with a friend,” “Hold the door.”

**Teacher talk:** “Helping is something we DO.”

### 12) STEM Team Challenge: Build a “Help Vehicle”

**Materials:** blocks, boxes, tape, toy people

**How:** Build an ambulance/fire truck/helper bus for stuffed animals.

**Teacher talk:** “We plan, build, and solve problems together.”

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## Whole-Program Ideas (All ages)



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### **13) Helping Hands Chain**

Each child contributes a paper hand with a teacher-written act of kindness. Link them into a chain display.

### **14) Thank-You Notes for Helpers**

Make cards for custodians, cafeteria staff, crossing guards, or office staff: “Thank you for helping our school!”

### **15) Kindness Countdown (5 days)**

Daily focus: **Share • Include • Help • Comfort • Thanks**



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