



Interfaith Food Pantry

Serving Morris County

Helping Hands

Goals:

1. To be conducted following a presentation on hunger.
2. To allow students to reflect on what they learned about hunger.

Time: 20 to 30 minutes

Age: 6-13

Materials:

- 1 sheet of butcher/mural paper
- Construction paper
- Markers
- Scissors

Preparation:

- Draw a large circle on a sheet of butcher/mural paper and post it on a wall.

Group Size: 5-30

Procedure:

1. Give each student a sheet of construction paper and ask them to trace their hand.
2. Tell students to write on the hand something they learned about hunger and food insecurity. Tell them to decorate the hand as they wish.
3. Once the students are finished, ask them to share what they wrote.
4. After sharing, have each student tape their hand to the circle on the wall.
5. Admire the hands as a group. Tell students that many hands can make a big difference.
6. Make notes in the center of the circle to show what the students hands have done to help fight hunger. For example, “completed food drive” or “volunteered at Interfaith Food Pantry”. Or use the center to plan actions that the students hands can do in the future.