



Head, Heart and Hands (1) Helping Others

LEVEL	Elementary
AIMS (Aspect of Pestalozzi)	To look into the idea that ‘head, heart and hands’ are important to enable us to think, feel and take action to help others
FURTHER AIMS	To teach / reinforce / revise parts of the body and verbs
MATERIALS NEEDED	<ul style="list-style-type: none">• Large sheets of paper and different coloured marker pens• Blu-tack

The teacher puts large sheets of paper on the wall.

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. For example ‘Pesta uses his eyes and mouth to read a story to a blind person’ or ‘Pesta uses his legs to run for help.’ Students take it in turns to write such sentences beside ‘Pesta’.

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’.