

Target competency	Use prosocial behaviours
Cross-curricular competencies (QEP)	<ul style="list-style-type: none"> • Solve problems • Cooperate with others
General objectives	<ul style="list-style-type: none"> • Help others • Demonstrate mutual assistance and cooperation



REVIEW OF THE PREVIOUS WORKSHOP

In the last workshop, we talked about what you like and what other people like? Do you remember the challenge I gave you? Tell me how it went.

*The challenge was to find three activities they like to do.

THE ADVENTURES OF LEO AND CHARLIE

The activity day at Camp OFF-TRAIL is almost over. There were so many discoveries, games and laughs, and everyone had a great time. Now it's time to go back to school. Charlie and Leo spent a lot of the day walking around the camp. They need to find their things before getting on the bus. Leo remembers putting his bag and lunch box under the table where they ate their meal.

Charlie was so excited to start the activities that she can't remember where she put her things. She looks in the cafeteria, but doesn't find them. Then she looks outside by the door: nothing!

The more time passes, the more stressed out she gets. She doesn't want to miss the bus and end up alone at camp OFF-TRAIL!!! She's very worried, so she asks Leo to help her look around the camp for her backpack. Leo agrees to help her.

Since there are so many places to look, Leo decides they can't do it by themselves. He asks Mr. Eric to help them write a short letter asking other people for help. Will they find all Charlie's things before the bus leaves?

DID YOU KNOW?

Between the ages of 3 and 5, children develop more interest in group play and are less focused solely on solitary play. It's also during this period that children develop an understanding of the principle of mutual assistance.

Integrating cooperative games into classroom activities helps develop this idea, since this type of game relies "on all the players working together to achieve a common goal. This objective can only be achieved if the players help each other and demonstrate solidarity."

Through cooperative play, children learn many things that will be useful throughout their school career, such as:

- Helping others;
- Self-confidence;
- The pleasure of play;
- Respect for others;
- Problem solving;
- Communication;
- Social solidarity.

(Naître et grandir, 2018)

INSTRUCTIONS

1. Before starting the activity, collect all the items in Charlie's backpack:

- A backpack;
- A lunch box;
- A pen;
- An apple
- A hat;
- A bottle of water;
- An umbrella;
- A stuffed toy;
- Binoculars;
- Sunscreen.



If you don't have these items on hand, you can print, cut out and laminate the images on the *Charlie's Backpack* handout.

2. Then, hide all these objects in different parts of the classroom. You can add or replace objects as you choose.

3. Tell the students that Charlie and Leo have left them a note asking for their help. Read them the following text:

- Charlie has lost her backpack and needs it to go home. It could be anywhere! We have to be quick if we don't want to miss the bus. Can you help us?

4. Ask the students if they'd like to help Charlie find her backpack and everything inside.

5. Give the students the *Charlie's Backpack* handout and read them the list of items they need to find to fill Charlie's backpack. Give the students about five minutes to find all the objects. Mention that it's important to work together to help each other!

9

6. After all the items in the backpack have been found, tell the students that Charlie and Leo have written another note for them. Read them the following text:

- Thank you! Without your help finding Charlie's things, we would have been late for the bus, and Charlie would have been very sad. We really appreciate your help. Thanks again!

10

7. End the activity with a discussion with the students. Take inspiration from the following questions and flesh out the answers with your observations:

- How did you feel after helping Charlie and Leo?
- Do you think helping each other made it easier to find the items? If so, why?
- How did you work with the others?
- At home or at school, do you ever help others?

11

12-14

CHALLENGE

Suggest the following challenge:

- Before the next OFF-TRAIL workshop, try to help a friend in need.

ENABLING REINVESTMENT

To stimulate the reinvestment of what was learned, you can incorporate cooperative games on a regular basis so that students can continue to develop their mutual assistance and cooperation skills. There are many cooperative games suitable for preschoolers. Here are just a few examples:

- The telephone game;
- Board Games (e.g., *Peaceable Kingdom Hoot Owl Hoot!/Peaceable Kingdom; Little Cooperation/DJECO*)
- A joint art project (e.g., a mural).

READING SUGGESTIONS

- Dubuc, M. (2021). *1, 2, 3, Off to School!* Kids Can Press.
- Mitchell, M. (2020). *My Very Favorite Book in the Whole Wide World*. Orchard Books.



Text is under a [CC BY-NC 4.0](#) licence. Graphics designed with Canva are under [Canva's content licence](#). © [OFF-TRAIL program](#) by Centre RBC d'expertise universitaire en santé mentale (2025), Université de Sherbrooke.

HANDOUT TO PRINT

Charlie's backpack

