

## IT'S OK TO NEED HELP: REACHING OUT

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| OBJECTIVES           | Teach people that needing help is okay, and there are many great ways to ask for and give help.  |
| MATERIALS NEEDED     | Pen or pencil<br>IPhone/iPad if desired  |
| STEP BY STEP         | Ask the kids the questions stated on the next page and then roleplay the exercises below.  |
| FOLLOW UP ACTIVITIES | Ask if anyone would like to share another way to ask for help, or if anyone is planning to ask for help, or if anyone is planning to ask for help by using one of these methods. |
| MODIFICATIONS        | <p><b>Younger learners</b></p> <p><b>Older learners</b></p> <p><b>Learners with special needs</b></p>  |

Name:

Date:

## Discuss the following

1. Is it hard for you to ask for help? Why or why not?
2. What does the word "trust" mean to you?
3. Talk about some adults who can help you.
4. Talk about some friends who are helpful.
5. What are some ways that others ask YOU for help?
6. What are some ways you would like others to reach out to you in kindness?

## Roleplay some of the following exercises

- When people are talking to you, look at them.
- When you meet someone for the first time, shake hands.
- If there is someone new at school, talk to them or invite them to eat with you. You don't have to be best friends, but you do have to be nice.
- Say hello to your neighbors.
- Say good morning and good night to all of your family members.
- Say thank you whenever someone helps you, even if it is not that big of a deal.
- Smile. Just smile. Smile at people, school and when you are alone. Smiles are contagious!
- If someone looks as though they may need help, ask them, "What can I help you with?"
- If you want something, always start out by saying "please."