

Ontario Dress Purple Day: Lesson 1



Activity: Getting the Help You Need

Grade Range: Grades 3-5

Task Time: 40 minutes

Activity Objective:

The purpose of this activity is to help children practice asking for help. The first person they go to might not be able to help, so this requires children to tell more than one person.

Materials Needed:

- Word cards
 - Photocopy 2-3 sets so children can play a few rounds
 - Cut out the word cards and mix up each set individually

Activity Description:

1. Gather the class together and tell them they will be playing a game. In this game, they will each be given an activity card. One set of activity cards describes someone needing help with something and the other set describes actions/items that match those specific needs.
2. Tell the children that they will walk around with their activity card and some of them will be asking for help, while others will have the activity card that matches the help they need.
 - *Give the children an example. For example, if you have an activity card that describes someone who scraped their knee, then the picture card you would want to match it with is the one with band-aids.*
3. Divide the children into Group A and B and ask them to remember what group they are in. This will ensure that each group gets a turn looking for help. Hand out a "looking for help" activity card to each child in Group A, and a solution card to each child in Group B. Once each child has an activity card, ask them to spread out around the classroom, and then walk around and verbally describe what they need and what they have to offer, while showing their cards to each other.
 - *Instruct the children to use their words to describe what they need and what they have to offer to help someone with a need.*
4. Give the children about 10 minutes to play the game, or until the majority have found their match. Repeat the game, with Group B now looking for help. Then have the children gather and collect all the cards.
5. Go through the following discussion questions:



- *Who was able to find a match rather quickly? How did that make you feel?*
- *Who took some time before they were able to find a match? How did that make you feel? How did it feel to finally find someone who matched your needs?*
- *How did it feel when you weren't able to find your match?*
 - Encourage the children by telling them they did a great job for continuing to try. Remind them that they only had a limited amount of time to play the game, otherwise, they would have found their match.
- *Why is it so important to find the right person (card) to match with instead of just matching with anyone? (Example answer: Because they might not be able to give you the kind of help you need.)*
- *When you could not find your match right away, what did you do? (Example answer: Kept looking until I found the person who matched my need.) Why is it important to do so? (Example answer: To make sure you get the kind of help you really need.)*

6. Conclude the discussion by referring back to the Lesson 1 Discussion Questions. Remind the children that when we have a problem or worry, we need to get help from an adult. The first person we go to may not always be able to help us. Just like in the game, we need to keep telling until we find the person who can help us in the way we need them to.

Adaptations:

- For English language learners, go over the activity cards with the individual before to help him/her understand the context. Rehearse together how to ask for help during the activity.
- For individuals who have difficulty participating in the whole class activity and discussion, find time to go over the key messages in the activity with him/her individually.

Comments and/or Additional Resources:

- Reminder: Facilitator has a legal duty to report suspected child abuse and neglect. Please refer to "Guide for Education Professionals" for in-depth information on identifying signs of abuse and neglect, and Duty to Report.