

Harold's Friend Ship - Session 3 - Asking For Help

Introduction

These discussion questions are provided as suggestions to assist teachers to deepen the students comprehension of the content that has been taught as part of your schools Life Ed visit. The Booster Session discussions integrate a variety of question styles to engage learners; by activating prior knowledge, revisiting new knowledge and extending understanding by posing open-ended questions. The booster sessions can be used in a couple of ways after the Life Ed visit. Teachers may like to watch the video in full and use the discussion points as a summing up activity. Teachers may also like to stop the video throughout to pose questions, or respond to student ideas and questions.

Note:

Life Ed is committed to child safety, health and wellbeing. We want all children to be safe, happy and empowered. When learning about these important ideas and topics, teachers are reminded to follow your school's Child Protection Policy to ensure that classrooms are a safe learning space.

How can using your imagination help you feel better when you're nervous or scared?

(You can pretend you're in a safe place... like playing a video game, or snuggling a favourite toy.)
(open ended)

NOTE: In a real emergency it's important to seek help from a trusted adult or call 000.

A comfort kit is a collection of things that can make you feel better when you feel scared. These can help you feel less nervous and calm you down.

What are some items that you could have in your comfort kit?

(Books, board games, a cuddly toy, a blanket) (open ended)

Boots help Red and Harold feel better by singing them a fun rap song to their mind off their fears.

How can we help our friends and family when they're scared, angry or upset?

(Staying with them and cheering them up, listening to them, telling a trusted adult, helping them with slow breathing) (open ended)