



I Can Handle It... I Got It (🌈 A Social Health Story)
(4th Grade – 9-10 yrs.)
Worksheet: Know Your Support System



STORY CONNECTION – SLIDE 6 (Approx Time: 15-20 mins)

You know what kinds of things that you can do with no problem, and you know the kinds of things that are challenging for you. If you are feeling any of these things, then ask yourself...what is making me feel like this? If you cannot figure it out, then talk to someone in your support system.

Materials needed:

- My Support System chart (included below- optional) or paper
- Support Circles (included below- optional) or paper
- Pencils
- Crayons, markers, colored pencils (optional)

Preparation needed:

- Determine if student(s) will use templates included.
 - If so, print chart (1 per student) and circles
 - If not, display templates for student(s) to copy

Instructions:

1. This activity will focus on different types of challenges and who in the student(s)' support system they could go to for help if they need it.
2. First, give student(s) the My Support System sheet and have them fill it out independently. Remind them that we ALL need a little help from our friends from time to time. Knowing when we need help and who to go to in our support system is the key to getting through a tough time.
3. After student(s) have had time to fill out their charts, discuss who they put on their charts to the extent that they are comfortable.
***NOTE: Some student(s) might not want to share and that is okay. Others might want to "talk it out" and that is okay too. ***
4. Next, ask student(s) to share some of their ideas for things they can handle on their own and things they need help with. This might give other student(s) ideas they had not thought about and they might want to add it to their lists.
5. Pass out the Support Circles.
6. Explain that the small circle represents smaller challenges, the medium sized circle represents challenges that are bigger than a small one but not huge, and the large circle represents big, serious challenges. For example: Share with student(s) some examples of these different size challenges. Use these or come up with your own.
 - Small Challenge: Only making 3 out of 10 free throws in basketball

- Medium Challenge: Forgetting your reading book at home
 - Big Challenge: Struggling with understanding adding and subtracting fractions
- **SUGGESTION: You could have the student(s) color each circle a different color.***

7. Ask student(s) to fill out their circles with various challenges they face.
8. Next if any student(s) want to share their challenges, give them an opportunity to do so.
9. Finally, ask student(s) to look at their support system and their circles and decide who they might go to for various challenges.

For example:

- Small Challenge: A student might go to a friend for help with learning a new soccer trick they want to know how to do.
- Medium Challenge: A bigger challenge like getting a big project finished on time to get a passing grade might need help from a teacher or a parent.
- Big Challenge: Being bullied and feeling extremely overwhelmed about school, the support person might be a parent or the school counselor.

10. Give student(s) time to add people to their circles.

11. Allow student(s) to share as desired.

12. In closing, remind student(s) that we all have times that we cannot figure out how we can help ourselves and it is okay to ask for help. Knowing who is in your support system and who to go to for small, medium, and large challenges will allow them to cope with difficult situations.

Activity Idea Credit: <https://www.socialemotionalworkshop.com/sel-skills-support-system/>

My Support System

Name:	
People at Home	People at School
People in My Community	A Friend Who Helps
Things I Can Handle on My Own	Things I Need Help With
Ways I can Help Others	

Support Circles

Name:

