



Lean on Me (🌸 A Social Health Story)
(3rd Grade – 8-9 yrs.)
Drawing: Growing Your Support System



STORY CONNECTION – SLIDE 5 (Approx Time: 15-20 mins)

In our world, there are going to be different times in our lives and for different reasons when we need help from other people. Being able to ask for help, while some people think that this makes us weaker – makes us a stronger person. And it makes our brain stronger and healthier. That is why the people that we have in our lives that help us make up what we call our “support system”. The people in our support system support “support” us the way the frame of house supports the house. The frame on a house makes it stronger and the people in our support system that help us also makes us stronger. Having a support system means that we do not have to do everything alone. When you realize you do not have to do everything alone, that relieves a lot of stress. Too much stress can hurt your brain, so having a support system makes our brain healthy.

Materials needed:

- Chart paper or whiteboard
- Markers
- Paper (1 per student) – or make copies of the flower below (<https://cliparts.zone/clipart/1653233>)
- Pencil
- Crayons, markers, colored pencils

Preparation needed:

- Create an example for student(s) or model step-by-step for student(s) during the activity

Instructions:

1. In this activity, student(s) will identify the characteristics that make a person a good fit for their support system. They will then draw a flower and label various parts of the flower with people in their support system they can count on.
2. Begin by brainstorming a list of the characteristics that they think would make a person fit to be in someone’s support system. They might say things like:
 - They are good listeners.
 - They can count on them.
 - They care about them.
 - They trust them.
 - They are positive.
 - They encourage them.
 - They have their best interest in mind.
 - They know them well enough to know that they need or do not need.

- They provide for them.
 - They make them feel safe.
3. Next, explain that they are going to create a visual representation of their support system. They are going to draw a flower.
 4. Start by having them draw the ground with roots below the surface.
 5. Then have them draw the stem coming up from the roots.
 6. Have them add 2-3 leaves to the stem.
 7. Lastly, have them draw the flower itself.
 8. Once the flower is drawn, go back and talk about each section, relating it to their support system.
 - a. The roots keep the flower grounded and supported so it can grow stronger. Who helps them feel grounded, supported, and safe so they can grow? Label the roots with their names or titles.
 - b. The leaves allow the flower to make food so it can survive. Who provides them with the nourishment they need to survive? Label the leaves with their names or titles.
 - c. The stem holds up the flower so it can get all it needs to survive. Who helps hold them up with they are sad, scared, upset, sick, etc.? Label the stem with their names or titles.
 - d. The colorful flower attracts others with its beauty. Who adds color and beauty to their lives? Label each petal with the name or title of a person who adds beauty and color to their lives.
 9. They can color their support system flower after it is labeled.
 10. In closing, remind student(s) that we all need help from time to time. Asking for help is NOT a sign of weakness and does make us stronger. Knowing who is in our support system and asking for help when we need it is good for our Social Health.

Activity Idea Credit: <https://betterkids.education/blog/how-to-help-kids-grow-emotionally-with-support-systems>

