

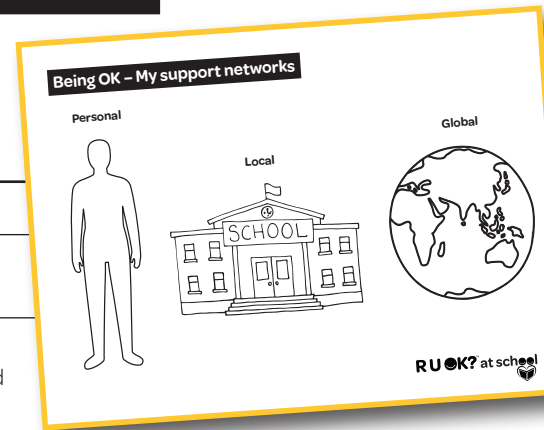
Classroom activity

Being OK – my support networks

Year level **4**

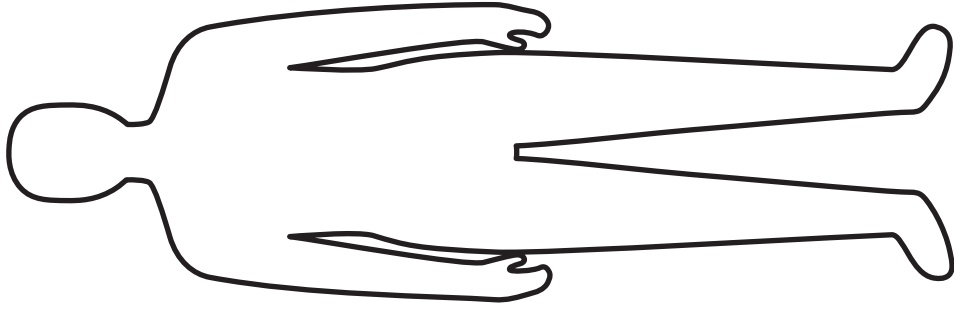


Duration	30 minutes
Learning intention	Students identify a range of support systems to help those who are not OK.
Activity focus	This activity focuses on students understanding the support available to them. Students investigate the role different types and levels of support from different areas of their lives, such as friends or family, community networks, or formal services like Kids Helpline.
Resources required	<ul style="list-style-type: none"> Blank template of person, school and world.
Curriculum and wellbeing themes	<ul style="list-style-type: none"> Accessing support Taking action
Success criteria	<ul style="list-style-type: none"> I can identify support networks at a personal, local and global level.
Activity description	<ol style="list-style-type: none"> As a class define the terms personal, local and global. As a class, discuss: <ul style="list-style-type: none"> Who are the people in your life you can talk to? These are our personal support people. Think about your family and friends. At school who are the people you can talk to? Which of your teachers could help you if you are feeling sad? Who else in your community could you talk to? These are examples of local support. Explain that there are lots of organisations working, to help people who might not be OK. RU OK? is one organisation, as is Kids Helpline. As a class can we think of anymore? Provide students with the blank resource template. Inside the body outline, students brainstorm or creatively represent their personal support network. Inside the house outline, students brainstorm or creatively represent people at their school or in their local community that they can talk to. Inside the world outline, students brainstorm or creatively represent organisations across the world who work towards making sure people are okay, for example Kids Helpline.
Differentiation	<ul style="list-style-type: none"> Support strategies: Ask students to draw people in their life who they can turn to for support or a conversation. Extension strategies: Students research organisations across the world designed to support individuals in living a happy and healthy life
Reflection question	If we aren't sure who to go to for help and support, how can we decide?
Remote learning	<ul style="list-style-type: none"> Distribute worksheets to students as part of their take home pack or digitally If unable to access the worksheet, students can draw columns and list their support people and services Provide students with a list of ideas to sort into the categories either as a separate worksheet or digitally

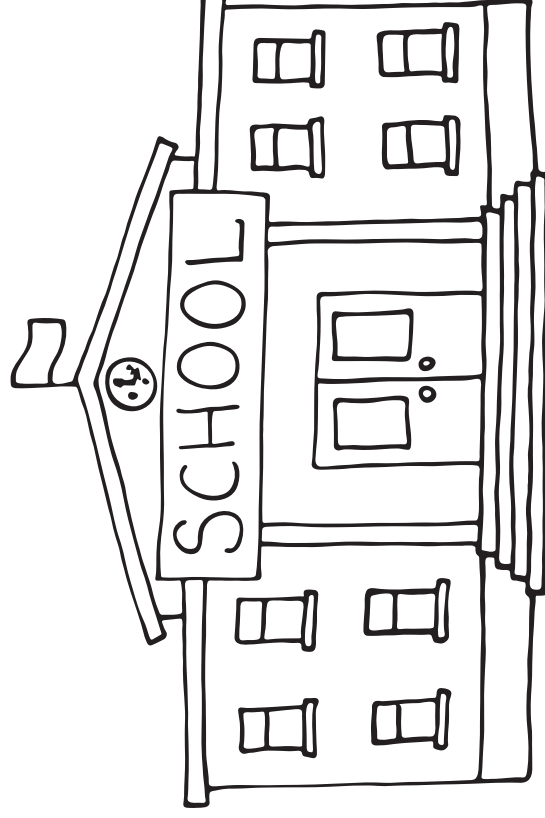


Being OK – My support networks

Personal



Local



Global

