**Welcome Club – Asking for Help**

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| Materials | |
| Activity 1 | Blue tape, paper, packing paper |

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| Objective |
| **S**tudents **w**ill **b**e **a**ble **t**o **Identify when they should ask for help.** |

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| Welcome Students – *10 minutes* |
| *\*Boys and girls will check-in at separate classrooms.*   1. **1 Coach** instructs students to line up outside and takes attendance. Be prepared to add new students to the roster. Ask the new student their ***first name, last name, grade* and *teacher’s name*** (if they do not know their teacher’s name that’s ok but the first 3 are a must). 2. **Remaining Coaches** unstack **chairs** and prep **group tables**. We will be **passing out snacks as students walk in**, direct them to their table, etc. Once snacks have been passed out, please put the remaining snacks away for the day. *(“Extra” snacks tend to be a distraction to students when left out and available.)*   **Prompt Questions**: Use the questions below to start conversation.  What does it mean to help someone? Do you ever help your friends?  Are there different kinds of help? How have you helped someone this week?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Welcome: Lead Coach**  **1st** “Welcome to Welcome Club! Today we have a really fun day planned for you! Who remembers what we learned last week? (Listening, and maybe repeat the definition of Equity) Who remembers what Equity means? (See definition above). **Today we are going to talk about how to ask for help. Who remembers what Equity means? Yes! Equity means “Everyone gets what they need to be successful?”** Sometimes people need help to get what they need. What are some ways that we can offer help to other people? Yes, you can be a part of making Equity by helping others.  **2nd** Now we are going to go outside and play a game but first we need to go over our **Welcome Club Agreements!** (Use ***“***Four Squares of Treatment” to go over how we treat each other, etc. and transition into next section)  **3rd** It is time to clean up our snack! First table with clean desks and quiet arms get to go outside first!  **Materials**: name tags, sign in sheet, pens |

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| Activity: Crossing the River – 15 *minutes* |
| Students are given 3-4 “stones” they will need to use them to cross the river. Everyone must cross the river, but the river is too wide for just 4 “stones”. Students need to work together and ask each other for help.  **\*\*This activity will help students practice how to ask for help and when to give help\*\***  *Megan will explain the game*  Rules:   1. Students are divided into teams of 4. 2. Each team gets 3-4 pieces of paper. 3. A team member must be touching the paper ‘stones’ at all times if no one is touching the stones at any point they will ‘float away’ 4. The team must cross the river using their stones. They will need to communicate and work together as a team.   Table Coach’s responsibilities:   * Encourage students to focus on instructions * Help divide teams * Participating in the game   Materials: blue tape, cones, paper, packing paper |

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| Lesson Topic – Asking for help 30 *minutes* |
| The students are going to play sharks and minnows. Coaches are the sharks and students are the minnows. The aim is to have students work together and ask each other for help.  **\*\*This activity will help students practice how to ask for help and when to give help\*\***  Lead Coach: *(10min)* “Wow! You all did such a good job at the game! Now I want you all to go and sit down with your coaches. Can anyone tell me what teamwork is? Remember hands up.” Call on a student or two to answer the question. “Good job teamwork is when we help each other to do something. When we are working on a team should we ask our teammates to help us when we need help?” Let the students answer. “Yes! We should ask for help.”  With your coaches write down your answer to ***What words can we use to ask for help?*** on the paper. (5min)   * Help me * I need help * Let’s make a plan   **Play Tail Tag**  *Megan/Makayla will explain*  Rules: *(5min)* “We are now going to play [tail tag](https://www.youtube.com/watch?v=DtWJNXhVQXs). Each team will be a different color. You need to take the tails from the other team.”   1. When you take a tail you must drop it on the ground 2. If your tail is taken, then you must freeze. You can unfreeze when 1 of your teammates crawls through your legs. 3. Put your tail back and try to grab someone else's tail.   **How can we ask our friends for help when we are frozen?’** (Students can reference the paper their table wrote on.)  Play for 10-15minute   * Table coaches: Encourage students to ask each other for help while playing the game.   After returning to the classroom  Table coaches: *(10minutes)* Lead students in reflection questions on how asking for help went.   * Did you ask your friends for help when playing Tail tag? * What did you say when you asked for help? * Who came to help you? * When can we ask for help at school? Who can we ask for help from? * Who can you ask for help from at home? Who do you ask if that person can’t help? |

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| Homework – 20 *minutes* |
| **\*\*\*This activity will help students to practice asking for help English vocabulary\*\*\*\***  Table Coach: “We are going to make a flipbook to help us remember some ways we can ask for help. What are some ways we can ask for help? I will write it down on a piece of paper.” Let students give you different ways that they can ask for help. “Now I am handing out our flipbooks there are some blank pages where you can write some answers on it yourself.” Hand out the paper   * While the students are coloring and writing the questions. **Talk with the students by complementing their coloring or helping them to write their phrases down.** * If they do not need help chat with them about school and life.   Materials: [Flip book](https://teams.microsoft.com/l/file/F1DDFA96-794A-482D-BDA4-D746EB396971?tenantId=e8f03421-acdb-4190-87c4-2e45dacd2d1a&fileType=docx&objectUrl=https%3A%2F%2Fworldrelief.sharepoint.com%2Fsites%2FSacramento-Education%2FShared%20Documents%2FChildren%20and%20Youth%2FWelcome%20Club%2FWC%20curriculum%2FWelcome%20Club%20-%20Elementary%202021-2022%2FWC%20Resources%2Flesson%2011%20-Things%20I%20say%20when%20I%20need%20help.docx&baseUrl=https%3A%2F%2Fworldrelief.sharepoint.com%2Fsites%2FSacramento-Education&serviceName=teams&threadId=19:8c78a62dde454185a9c73842c6870890@thread.skype&groupId=17210d58-e37b-4643-b2af-cdd2b8eb4f6c) Crayons/pencils/markers, string 1 per students 6”  ***\*We will have printed out some worksheets for the students to work on. They are categorized by grade level and subject.\****   * **Coaches:** Give any help to students when asked. Help them work out any struggles they might have   **Tutor tips:**   * Don’t give the answer to the students - **help them work it out together**. * For math, **use visuals** to help them see the problem clearer; Help them **spot key words** in word problems and how to solve it * For literature/English, help them **sound out difficult words**; if they are struggling and do not know the word, **give synonyms** and give them a push to right direct |

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| Clean Up– 5 *minutes* |
| * Instruct students to pick up and throw away trash before they leave. * Pick up and throw away trash. * Clean up WC supplies * While we wait for the parents, hang out with the kids. * **Coaches please fill out this form on how you felt Welcome Club went.** * [**https://forms.office.com/r/r1kpc21QTh**](https://forms.office.com/r/r1kpc21QTh) |