



Who Can Help?

LESSON

LEARNING & DEVELOPMENT OUTCOME

Participants will practice leveraging relationships to plan and manage goals and expectations for the future.

MATERIALS

Who Can Help worksheet, writing utensil

AGE ADJUSTMENTS

The content of this lesson is appropriate for all ages, however to adjust for younger audiences, make the lesson more discussion based and less focused on writing down their goals.

Lesson Plan

Introducing the Lesson

- Ask participants to think about a time when somebody helped them do something.
 - Who provided the help?
 - What type of help did they provide?
 - Did they ask for help, or was the help offered to them?
 - What type of relationship did they have with the person?
- Have a few participants share out.



Can participants write more than 3 goals or people?

Experiencing the Lesson

- Give each participant a Who Can Help worksheet and a writing utensil.
- Have everyone spend some time brainstorming some goals they have.
- Then, have them brainstorm who they know who could help them accomplish their goals.
 - Encourage them to think about peers in their group, teachers or adults at their school, family members, friends, or other mentors.
- Ask each participant to pick their top three goals and write them down on their Who Can Help worksheet.
- Then, ask them to pick three people who could potentially help them with each goal and write their names down on the worksheet.
- Have each participant find a partner and share what they wrote on their worksheet.
- With their partner's help, have each participant determine which person would be the best option to ask for help for each of their goals and circle that person's name on the worksheet.
- Then, have them pick which goal they want to work towards first and star it on their worksheet.

"If writing ideas down helps participants brainstorm, they can write more goals on the back of the worksheet or on another piece of paper. They can also write more than 3 names if they have more people in mind for a goal. By the end, though, they should pick their top 3 goals to focus on."



Closing the Lesson

- Have each participant share the goal they chose to focus on, the person they chose to help them with the goal, and why they chose that person.
- Have a conversation about how to ask people for help.
- Ask each person to decide on one step they can take to ask their chosen person to help them with their chosen goal.

After the Lesson

- Find time for some participants to share "success stories" of asking someone to help them with their goal and that person agreeing and helping them.
- Seeing how peers approach asking for help can give other participants ideas of how they can ask for help or give them extra confidence to go out and ask someone for help.



When discussing how to ask someone for help, be sure to emphasize that it is okay for people to say no. That is why they brainstormed other people who could help them with their goal.

Further Exploration



- Have each participant write a letter to the person they chose to ask for help.
- Their letter should explain what their goal is, why it is important to them, why they chose that particular person to help them accomplish their goal, and what specific type of help they are looking for

Get Creative

- Have participants partner up and write a scene depicting a conversation between one person asking the other person for help with something.
- The scene can be based on one of the partner's goals, or it can be a made up scenario.
- Have each pair perform their scene for the group.

Online

- To facilitate this lesson online, create a shared document with a page for each participant.
- Use shapes, lines, and/or text boxes recreate the Who Can Help worksheet on each page of the document.
- Let participants work on the document independently, then put them in breakout rooms with a partner to share.



Who Can Help?

Write down three goals you have in the boxes below.

Then, on the lines to the right of each box, write down three people who might be able to help you accomplish that goal.

Goal #1

1

2

3

Goal #2

1

2

3

Goal #3

1

2

3

Worksheet for: Who Can Help?