

Objective

Students will identify people they can go to for help and support.

Materials

- Chart paper or whiteboard
- Copies of the Support Tree handout, one per student (alternative: students can draw their own outline of a tree)
- Cutouts of leaf shapes (alternative: students can cut out their own leaf shapes or draw them)
- Writing and drawing utensils
- Scissors
- Glue

Why This Matters Now

Young students aren't equipped to cope with crisis situations or their aftermath on their own. Having people who can reassure, soothe, and support them is important for their recovery. This activity helps students identify who they can go to for support.



Bold—Teacher's script

Italics—Anticipated student responses

Activity Instructions (15–20 min.)

1. Introduce the activity to students: **Things have been different lately. You may feel sad, angry, or upset. All feelings are okay. There are people who can comfort you and help you feel safe. Today you're going to make a Support Tree. Every leaf you put on the tree will have the name or picture of a person you can go to for help and support.**
2. Generate ideas about who students can go to for support. **Who do you go to when you're feeling upset or sad?** Give students time to think. Invite students to tell the class their ideas. *Mom, aunt, grandpa, teacher, recess supervisor, sibling.* Help students extend their ideas to people at school or other places in their lives. Record students' ideas on chart paper or the whiteboard. **There are many people you can go to for help.**
3. Show students the materials and tell them how to use the materials to make a Support Tree.
 - **Step 1:** On a leaf, have students write the name or draw a picture of a person they can go to for help.
 - **Step 2:** Have students make a leaf for each person they can think of who they can go to for help. Have them make at least three leaves.
 - **Step 3:** Have students glue their leaves to their Support Tree.
 - **Step 4:** If time allows and students want to, have them decorate their Support Trees.
4. Distribute the materials. Circulate and assist students as needed. For example, students may need help writing the names of their adults. Make sure students identify at least three people they can go to for support.
5. Reinforce. **Today you made a Support Tree. You can look at it to remind you of who you can go to when you need help or comfort. It's important for you to feel safe and supported.**
6. Have students take home their Support Tree to share with their caregivers. Check in with students periodically to see if they're getting the support they need from the people they identified or others.

Remote Adaptation

- Send the lesson and PDF home and have students do the activity with a caregiver. If they can't print the handout, students can draw their own outline of a tree.
- Students can share their completed Support Tree with the group at your next remote meeting.

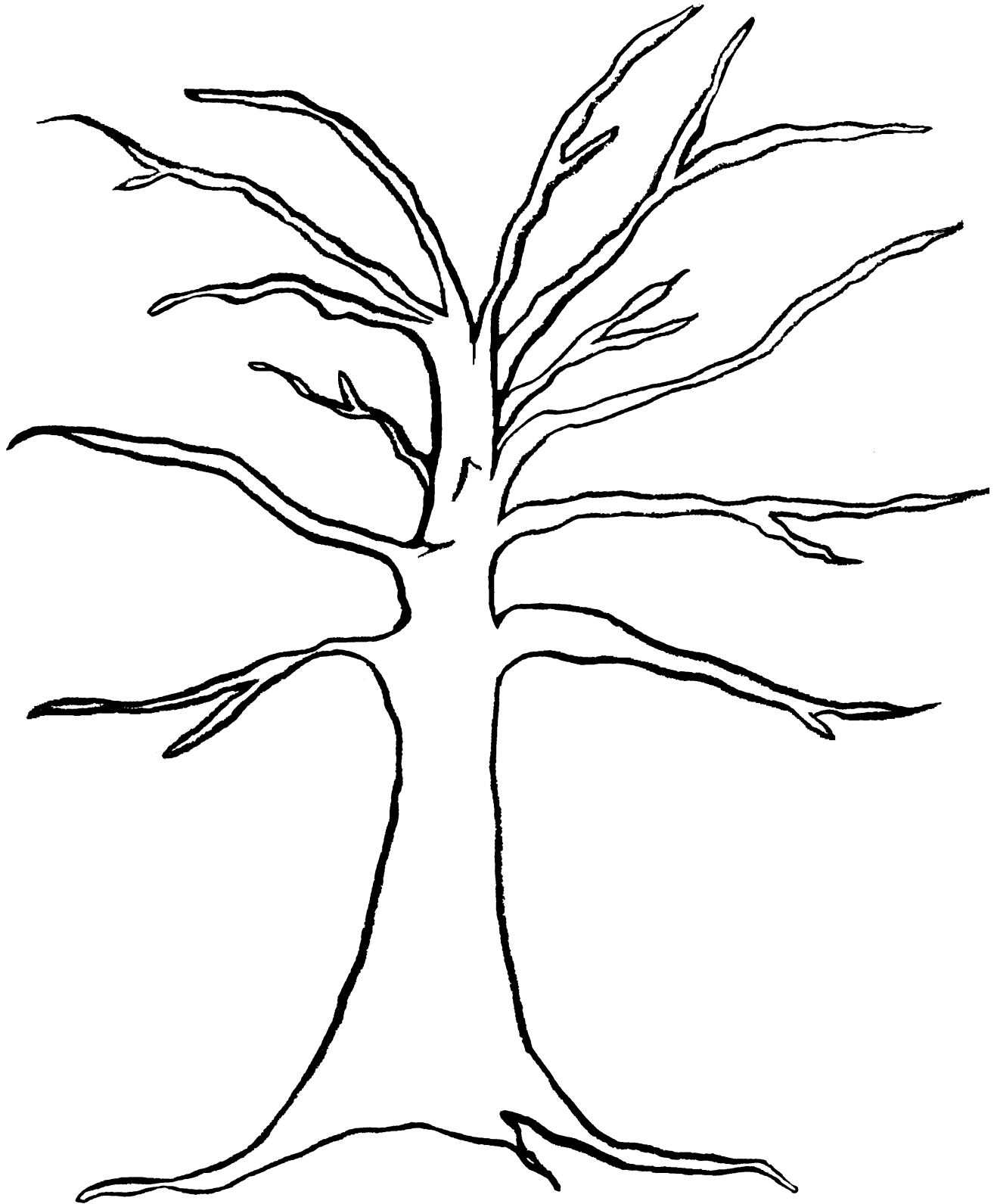
Please Give Us Feedback

After you've tried out this activity, help us make a better product for educators by taking a quick survey. Access the survey by visiting the link, or scan the QR code with your phone's camera. <https://tinyurl.com/yyxz92fr>



Name: _____

Date: _____



Support Tree