

# LESSON PLAN

## ASKING FOR HELP WITH AMELIA AND LAMAR

### HOW TO BEST USE THIS VIDEO:

1. Explain to the class that you are going to be watching a short video about Amelia and Lamar. If they aren't familiar with TEAMology, explain that Amelia and Lamar are TEAMology TEAMmates that have super strengths of acceptance and leadership and hang out with their friends at the TEAMology House.
2. Tell the class that the TEAMology house is a place of unity and respect where anyone can come be part of the TEAM. Everyone in the house is expected to treat each other with respect, have each other's backs, and celebrate each other's differences.
3. Have a discussion with students about what it means to ask for help and see if any of your students have experience with feeling like asking for help has been hard.
4. Have a few students share why they've struggled with asking for help.
5. Watch the video together.
6. You can pause the video at points throughout to highlight some of the reasons the characters share about why they struggle asking for help.
7. Make connections between anything your students might have shared and what the characters are sharing.
8. After the video, ask students to think about some of the difficult situations they shared and the characters shared and how they might approach them differently after thinking about the importance of asking for help.
9. Additional Discussion Questions:
  - Do you think everyone struggles with asking for help?
  - How is asking for help a strength?
  - What can happen if you really need help and you don't reach out to someone to ask for help?
  - How can we practice asking for help?

TIME NEEDED:



### FOLLOW UP ACTIVITY: THE MANY WAYS WE ASK FOR HELP!

1. Explain to students that sometimes it feels hard to ask for help. You might feel like others will look at you as weak or feel embarrassed; but the secret is asking for help is actually healthy and helpful for you and others!
2. In this exercise, students will be able to think through and practice different ways to ask for help in a variety of situations.
3. Have a discussion to talk about age appropriate situations or problems a student might face where asking for help would be important. Write the list somewhere that all students can see.
4. Pair students up with a partner, and have them come up with how they might ask for help based on the situations or problems the class came up with.
5. Have students pick one situation/problem and how one might ask for help and role play.
6. If there is time, have students act out the role plays with the class!

TIME NEEDED:

