

support

This worksheet is a guide to promote discussion and thought about support using Think-Feel-Be resources

Support is something that you can both give and receive.

Think about when you have received support. List 3 times when you received support, who supported you and what it was they supported or helped you with.

Think about 3 times when you helped or supported someone. Record the person's Name, what you helped them with and how you supported them.

Think of 3 people who could give you support.

Think of 3 different organisations that help and support people. Write down the names of these organisations and what they do to support people.

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Choose 2 words from the Think-Feel-Be support poster that you do well and think about what helps you do these things well.

Choose 2 words from the poster that you would like to improve in, and plan how you could improve in these areas.

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