

THE PEOPLE IN YOUR WORLD

We ALL need SOMEONE...Who are your people?



"When your feelings are hurt, do you let someone know?

It's important so anger does not start to grow.

Talk to a parent, a teacher, or a friend,
whoever can help your broken heart mend.

That person can help you with what you should do
to get back on track when you're feeling blue."

List the people in your world that you talk to when you have a problem.

At Home:

In School:

Personal Reflection

Choose one scenario

1. Write about a time you asked someone for help with a problem you were having in a paragraph answering the following questions:

- *What was the problem?*
 - *Who did you ask for help?*
 - *How did s/he help?*
 - *How did asking for help you or someone else?*
 - *How did you feel after you got help from someone?*
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2. Write about a time you needed help with something and didn't ask for it.

- *What was the problem?*
 - *Why didn't you ask for help?*
 - *What happened while you were struggling?*
 - *Did you figure it out on your own?*
 - *How did you feel?*
 - *What was the outcome?*
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3. Do you have different people you reach out to for different problems? What qualities do they possess? Write a list of the personal attributes you look for in a person when you have a problem.