

# HOW CAN I HELP YOU? SUGGESTION LIST



- Someone is eating lunch by themselves at school.
- A new kid is in your class for the first time.
- Someone has their hands full with too many things.
- You learned that someone has a family member who passed away.
- Someone has done something kind for you.
- You notice that someone at school never gets invited to play in the games at recess.
- Someone has forgotten their supplies for school and needs a pencil.
- Someone is unable to open the door.
- You notice that someone is struggling with an assignment that you understand really well.
- Your parent has been really busy recently and is getting really stressed out at home.
- A friend has a new hat and wants to know what you think of it.
- You notice someone else is doing kind things for others but not getting acknowledged.
- You want to find ways to show others that you are interested in what they like.
- Give your "grumpy" voice the day off and try to be more cheerful in your interactions.
- You notice someone is being bullied for their new glasses and you want to cheer them up.

## Suggestions:

Have participants think about suggestions that are things they can add to the card game based on things they notice in their own lives or what they wish they would see in others. This will help them start to think of ways that they can build community and support others in their day to day life. There are never too many suggestions, so keep adding any time you think of one!

