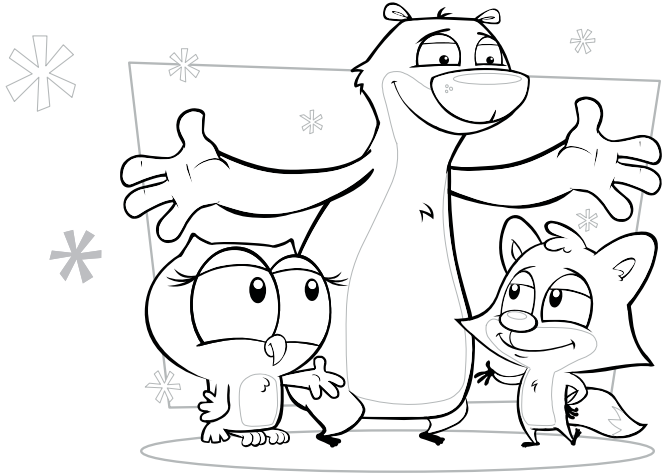


Name: _____

**Building
Resilience
with Hunter
and Eve**

Getting Help

SUGGESTED FOR:
Grades 3-5



When You Need Help:

- 1. Think** of a safe person who could help you.
- 2. Explain** what you need.
- 3. Say thanks** for the help you receive.

It is important to know who you can ask for help. **List 5 safe people** you know who can help you. Explain why you feel safe with each person.

Name: _____

Why do you feel safe with this person? _____

*

*

*

*

*

Practice Time!

Think of a time when you needed help. Use this example and draw the three steps from the "Getting Help" video.



1.

2.

3.

Word Bank

safe explain thanks person polite
 calm help think receive others

This word bank holds important words from the "Getting Help" video. Use each word in a sentence of its own to explain the message or theme behind the "Getting Help" video.

* _____

* _____

* _____

* _____

* _____

* _____

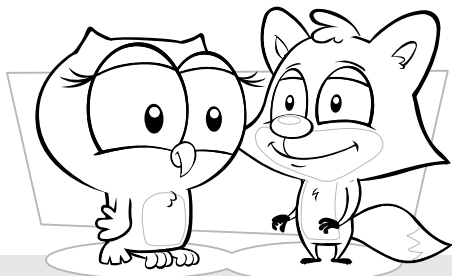
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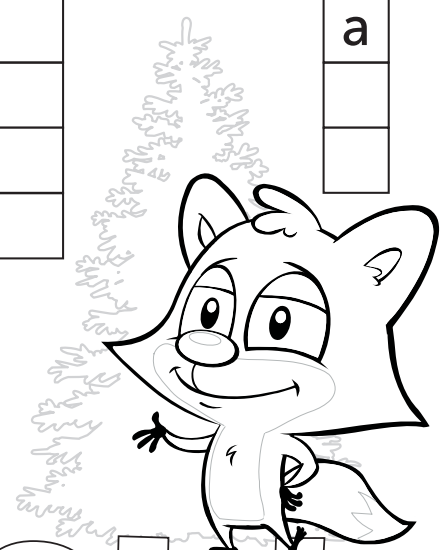
Puzzle Works

Using words from the Word Bank, fill in the missing letters to complete the word puzzle.

* Remember, always say "thank you" for the help you receive!



Decorate these two very important words! Make them look as special as you are!



“THANK YOU!”