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How To Be a Social Helper

Are you wondering what school might be like this year? Many kids get a little anxious about the new year beginning.

While it probably won't take long for you to feel at home, we wanted to pass along some ideas that might help.

What does 'social' mean?

When we say someone is social (SO-shul), we mean that he or she gets along with others.

They make the right choices. They respond to others' needs. They are good companions, friends and members of the school community.

Sometimes, kids might feel that they don't fit in or that they don't belong. We all have social problems at one time or another.

Be a social helper

That's where a social helper might step in. These students are aware of the clues when a classmate is in need of a friend, a smile, a pat on the back or a compliment.

By being sensitive to the feelings of others and doing something that helps, kids get a good feeling themselves. True, kids can't solve all problems, but they can help. It's the job of teachers, principals and counselors to help, too.

Kids who are sensitive to others' feelings also have these traits:

- Responsibility
- Self-discipline
- Caring
- Trust
- Hard work
- Loyalty
- Honesty
- Respect

Mini Idea:

Think about how good it feels for you to receive a smile or a compliment. You can make someone else feel that good!

Let's think about some clues of social problems and what a solution might be.

On a school bus

Clue: One kid is teasing another kid, who is getting upset at being picked on.

Suggestion for social helpers: Ask the kid being teased to come and sit by you so she can move away from the teaser.

On the playground

Clue: A boy is walking around the edge of the playground by himself. He is not taking part in any games.

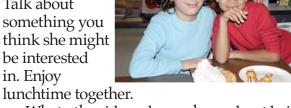
Suggestion for social helpers: Walk up to the kid with a smile on your face and ask him to join in your group.

In the lunchroom

Clue: A girl is sitting at a lunch table. Nobody is sitting on either side of her. She looks like she feels very alone.

Suggestion for social helpers: Go and sit

in one of the vacant seats next to her. Talk about something you think she might be interested in. Enjoy



What other ideas do you have about being a social helper? Share your thoughts with your classmates or your family.

What do helpers do?

Students who are social helpers are usually also leaders in the classroom. We call these kids **role models**. How can you be a leader in your class?

- **Volunteer for a class job**. Many teachers choose students to do regular chores in the classroom. Tell your teacher you'd like to have a job.
- Offer to help others. Are you really good at math or art? Talk with your teacher about helping other students with subjects that you love.
 - Follow the rules when you're

playing a game, and be kind to those who don't play as well as you.



Know

when to say you're sorry. If you've made a mistake, be willing to apologize and do what's needed to make it right.

• **Be positive**. Give a compliment to someone. Smile. Share a joke.

Children who are social helpers might be likely to become teachers, school counselors, health care workers, volunteers or religious leaders.

Resources



On the Web:

• bit.ly/MPclique

At the library:

- "Empathy Is Your Super Power: A Book About Understanding the Feelings of Others" by Cori Bussolari
- "It's Brave To Be Kind" by Natasha Daniels

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Try 'n' Find

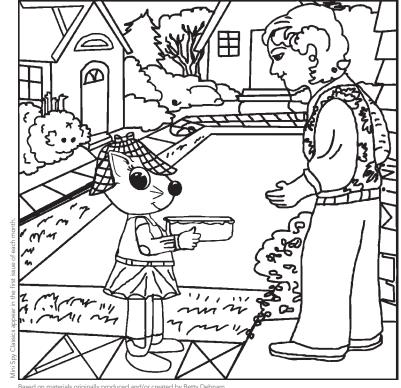
Words that remind us of social helpers are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:

ALONE, ANXIOUS, APOLOGIZE, CLASSMATE, CLUES, COMPLIMENT, FEELINGS, HELPER, MODEL, OFFER, POSITIVE, ROLE, RULES, SCHOOL, SENSITIVE, SMILE, SOCIAL, TEASE, VOLUNTEER, YEAR.

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Mini Spy Classics

Mini Spy is taking food to a friend who's been sick. See if you can find the hidden pictures. Then color the picture.



- letter A
- sheep
- kite

sock

- candy cane
- - carrot

chicken

- word MINI
- letter D

letter E

letter L

dog

• umbrella

Mini Jokes

Suzette: What's a tree's favorite drink? Sean: Root beer!

Sulfur-crested cockatoos

in Sydney, Australia, have mastered the ability to operate drinking fountains, using their feet and beaks to twist handles and sip water. Researchers observed the birds with remote cameras, capturing over 500 attempts in 44 days with about 70% of the local flock trying the technique. Scientists believe the cockatoos learned the skill by watching people and each other, turning the activity into both social and playful behaviors. This fountain-opening skill follows a previous urban innovation by the same birds — lifting garbage bin lids.

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For later:

Look in your newspaper for stories about people helping each other.

Teachers: Follow and interact with The Mini Page on Facebook!





WonderWordBooks.com, or call 800-642-6480 for more information.