

From mountain to sea

Educational Psychology Service Seeking Help



Discussion tasks and activities

- Ask the team if there is anything that might make it easier to ask others for help if they needed it?
- What might make the 'environment' more conducive to people being able to ask for help?
- Has anything proved to be particularly helpful over this period – e.g. sharing with others?
- Ask the team to complete an 'asking for help plan as described' – could be a plan for home or school.