Who Are We? promotes inclusion by helping children understand and appreciate the diversity in our community.

**Activity 1: Let’s Share and Reflect!** Questions and prompts for further discussion.

The following prompts and activity are exploring the concepts of strengths and struggles and what it means to be a helper and to need help in different situations.

1. What are your strengths? A strength is something you are really good at and might be able to use to help someone else. Make a list of your strengths. Once you have a list, reflect or discuss about how you can use your strengths to help others during a day at school or at home?

2. Why is it important to know your strengths?

3. What are your struggles? A struggle is something you have a hard time with and you might need someone to help you with. Make a list of your struggles. Once you have a list, reflect or discuss about times at school or at home when you might struggle, and how someone could help you.

4. Why is it important to talk about your struggles as well as your strengths?

5. Do you agree that knowing one another’s strengths and struggles helps make a community safer and stronger?
Sometimes I Help, Sometimes I Need Help

We all have strengths and ways to help others. We all have things we need help with sometimes, too. Now that you have two lists of your strengths and struggles, write a sentence on each side of this handout and draw a picture. Your pictures should show a situation where you are using a strength to help someone else and a situation where you are struggling and need help from someone.

<table>
<thead>
<tr>
<th>SOMETIMES I HELP</th>
<th>SOMETIMES I NEED HELP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>