

Our greatest super power is our ability to help one another.



At school we hear a lot about '*independence*'. We have created this myth that: Being independent is to be strong. It's partly true and partly false.

True because independence makes us feel confident, courageous, and competent. False because we humans are a social species, we literally can't survive by ourselves. Trying to do life alone is a bad strategy.

The happiest and strongest people amongst us are not the independent ones. They're the ones who are both independent AND inter-dependent.

An inter-dependent person will care for someone one day and lean on someone for help another. Helping and supporting one another is simply what humans do.

THOUGHT	THEMES	LEARNING INTENTION
Our greatest super power is our ability to help one another.	My Safety, My Family, My Friends, My Future My Learning, My Mental Health.	To understand the concept of 'inter-dependence'.

CONVERSATION STARTERS

ME RELEVANCE:	<ul style="list-style-type: none"> • What are some specific ways a friend has helped or supported you in the past week? • What are some specific ways you have helped or supported a friend in the past week? • Do you find it easy or hard to ask someone for help?
HOT QUESTIONS:	<ul style="list-style-type: none"> • Why is inter-dependence so important in communities? • What are some of the challenges with inter-dependence? • Why do you think teachers and parents tend to talk more about 'independence' than 'inter-dependence'?
SCHOOL FEEDBACK:	<ul style="list-style-type: none"> • Do you notice your teachers helping others? • What are some ways our teachers can help our students even better? • In what ways do you think teachers are inter-dependent?

EXPERIENTIAL ACTIVITIES

ROLE-PLAY:	<ul style="list-style-type: none"> • A person unsuccessfully asking a friend for help. • A person skilfully and successfully asking a friend for help. • A small group of friends showing examples of inter-dependence.
DEBATE:	<ul style="list-style-type: none"> • Topic - Independence is overrated.
QUIZ:	<ol style="list-style-type: none"> 1. How many people are in the drawing? (Ans: 4) 2. What colour t-shirt is the teen who is falling wearing? (Ans: Green) 3. It's not just the teen falling off the tree, what else is falling off the tree? (Ans: Leaves) 4. Who is watching on? (Ans: Squirrel) 5. Each of the 'catching' teens is wearing something extra – one has a cape, one has glasses, and one has ...? (Ans: A hat)

PERSONAL REFLECTIONS

JOURNAL PROMPT:	<ul style="list-style-type: none"> • How does this HAT relate to me? • How does this HAT relate to my class, or my family? • How does this HAT relate to my school?
MAGIC WAND:	<ul style="list-style-type: none"> • If you could do one thing to become more inter-dependent, what would it be? • If your school could do one thing to help students feel more comfortable asking for help, what would it be?
SUMMARY:	<ul style="list-style-type: none"> • Write your personal 14 word summary for this HAT. • Example: "I have this super power but I need to let others help me more".