

Lesson Plan - January

What are support systems?

- There are dependable people in our lives who help us achieve our goals.
- Even if they're not doing the same thing as us, their encouragement or advice helps us become better at the things we care about.

Support systems are reciprocal

- This means that usually when we're part of someone else's support system, they're part of ours.
- Think about people in your life who are always there for you when you need them. Now ask yourself, aren't you always there for them too? You probably are!

We find out other people's passions

- When you are part of someone else's support system, you get to find out what they care a lot about.
- This is a great way for you to see if maybe you're interested in the same thing.
- Example: if you have a friend who is learning to play tennis, and you show up to their matches to cheer them on, you get to see if maybe you'd like to try tennis too!
- We often think of our teachers or parents when we imagine learning new things, but our peers are a great resource for learning as well.

How do we become a good part of someone's support system?

- Don't settle for "good luck." Instead, try to be present at performances, games, or exhibitions.
- Ask others about their passions, since they'll probably enjoy talking about it with people who are new to it.
- Let others know they can always turn to you for feedback or advice.

