



# In-class activity

## Assisting others and advising

Lily Gray  
Sofía Gómez  
Jorge Jerez  
Rubén Ruiz  
Sofía Vilches



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## 0. Introduction

The participants of this activity will be the students of one classroom.

The teacher will gather all the students and they will form a circle, sitting on the floor. The names of the students are written on little papers and put inside a container. A paper will be taken out that will carry the name of a student who will get in the middle of the circle. The student will have to ask advice on a real or hypothetical problem and the classmates will have to try to advise him/her in the best possible way.

## 1. Subject / Skill

Assisting others and advising: When you see people struggling, it's your task to reach out and assist them in their needs/ to achieve their goal. If someone needs some tips for something you give them an advice. You try to help him/her with his/her problem. The person given the support and advice can be everyone like a friend, family or even a teacher.

## 2. Type of activity

Question and answer activity.

## 3. Objectives

By the end of the activity lesson learners will be able to give advice, help others, to be more empathic, learn how to deal with problems and understand how the skill assisting others works.

## 4. Time to develop the activity

The time to carry out the activity can change according to the number of students

who participate, but in terms of approximation it will last 20 minutes at least.

## 5. Materials

It will needed: pen, paper and a bucket or bowl to contain the pieces of paper with the name of all students.

## 6. Steps / Procedure

- 1- Each student will have a piece of paper where he will write his name and then throw it in the bucket or bowl.
- 2- All students will form a circle on the floor.
- 3- We will proceed to take a name from the bucket or bowl and the named student will have to come out and get in the middle of the circle.
- 4- The student will have to ask for advice on a real or hypothetical problem.

Examples:

- A student has had problems with a friend because she didn't want to understand that the best country in the world according to the news is(name of the country).
- A student doesn't talk to his mother because she told him he's addicted to the cell phone.
- The student's friend is not at his or her best moments and needs advice on how to help him or her.
- A student has had a discussion at work with a colleague because he or she didn't go to work one day and wasn't informed that there were some important documents to be filled out the next day.
- A student went to the supermarket and when he was cashing in, the cashier did not greet him. The cashier looked moody and grumpy and the student thinks that this is not a way to assist a customer and that makes him angry.

5- The other students will have to advise him/her in the best possible way. Each answer given will be written in a list.

**Good advice:**

- Tell the student that he has to understand that we all have different perspectives on things and that his friend doesn't have to think the same as him.
- Tell the student to talk to her friend again more calmly and to try to understand and listen to how she feels about the situation.
- Talk it over with your mother, and explain your point of view to her, but also try to understand her point of view as a mother.
- Depending on the problem, try to help him/her if you can, try to get him out of the house so he can think more clearly.
- You have to try to be more understanding about it, and not think that he did it to bother you.
- Think of situations where you have forgotten something. Would you have liked the other person to speak badly to you? No, what you would have liked is he to ask you about what has happened calmly or simply to tell you: it's okay this can happen to all of us don't worry!
- Try to be in his shoes, you do not know if he had a bad day or if something in that moment of his life was not right. That may not justify his mood, but it can help you understand and calm down.
- You are working in an office and 2 of your co-workers are angry, 1 of them tells you what happened and you try to give them some advice to solve it.
- You have a new co-worker and it's the first time you've worked and he still don't do things right, instead of complaining to the boss you decide to give him advice so that he learns to do his job.

**Bad advice:**

- If she's your friend, she should agree with you. You may have to think again if she's really your friend.
- Don't bother with your mother. They're all the same. They don't understand

anything.

- Just don't listen to her when she speaks or just leave her alone when she's talking.
- Try to change departments at work and tell your boss what happened, so that your colleague doesn't forget anything ever again.
- You should have called his manager, you had every reason to be angry.

6- Once the activity is done we will proceed to evaluate the results. With the list of answers, the students decide which are the best answers to the situation and rewrite the list with the best options at the top and the worst ideas at the bottom.

7- We will repeat this procedure with a new name from the ones who are inside the container.