

I CAN  
I AM



© SLQ 2020

Learner name:	
School/Centre name:	
Teacher/Tutor name:	

# COMPLETING CHALLENGE 8: SUPPORTING OTHERS

WHAT YOU NEED TO COMPLETE	ACTIVITIES/REFLECTION POINTS TO COMPLETE	HOW LONG THIS SHOULD TAKE YOU
Part 1 – I Can Learn	My support network	5 minutes
	Who is important to you – and what support might they need?	10 minutes
	Empathy is key	5 minutes
Part 2 – I Can Build	Standing together case study	40 minutes
Part 3 – I Can Thrive	Reflection on supporting others	10 minutes

# BEFORE YOU START THE 'SUPPORTING OTHERS' CHALLENGE...

## Reflecting on your Teamwork Skills

Score yourself out of 10



Before the Covid-19 crisis – How confident were you that you could support other people in your community?

During the Covid-19 crisis – How confident are you that you can support other people in your community during the Covid-19 crisis?

### POWERUP YOUR TEAMWORK SKILLS



Support others to build their resilience

## INTRODUCTION TO THE CHALLENGE

### Setting the scene for 'Supporting others'

If you look at any social media or news outlet you will quickly realise that the Covid-19 crisis has seemingly taken over the way we think and react, the way we work and learn, and the way we are as individuals and as community groups. The crisis is likely to challenge how we feel and how others feel around us.

This challenge gets you to consider the impact of the Covid-19 crisis on others and asks you to explore how you can support them to overcome the challenges of the Covid-19 crisis.

## What you need to do to complete this challenge

For this challenge you need to develop a case study with a partner, or in a team of three, that shows the impact of the crisis on how you feel. Within it you can identify what you have done as a team to improve how you feel about the current situation and highlight how others can do the same.

## Reflecting on your development and experience

Once you have completed your action plan, you need to complete **'I CAN THRIVE: Reflecting on Supporting others'**.

## What is the outcome for you?

On completion you will have built on your teamwork skills and will be awarded the 'supporting others' challenge digital badge.

---

# PART 1: I CAN LEARN

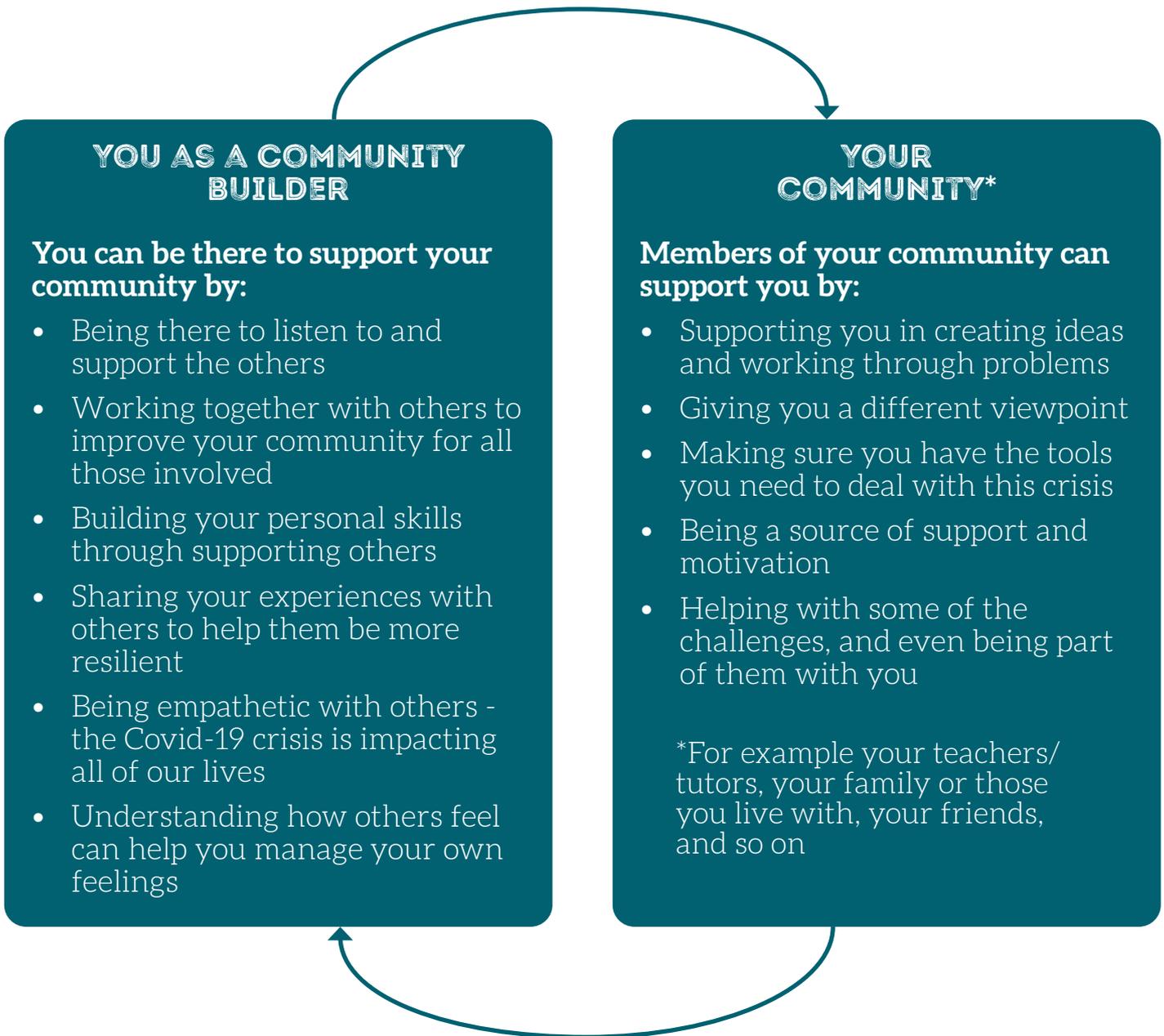
## Supporting each other in 'isolation'

It is important to realise that you are not alone in trying to deal with the Covid-19 crisis and that other people are experiencing similar setbacks and situations as you are.

Your mental resilience is key to being able to recover from the crisis. Being able to share experiences and feelings with one another can help you deal with the Covid-19 crisis and thrive in the future.

A part of this is being able to listen to others in your community and help them become more resilient too.

## The cycle of community support



## My support network

5  
Mins

This challenge is about being able to better support others through the Covid-19 crisis and help them to deal with the problems that they face.

However, to help you think about the people you might need to support in your community, take some time to think about who has supported you and how they have helped you deal with the issues that the Covid-19 crisis has brought up.

# REFLECTION POINT

Complete your support network below.

MY SUPPORT NETWORK			
<b>The person</b>			
 <b>How they have supported me during the Covid-19 crisis</b>			
 <b>How this made me feel</b>			

So, now that you have looked at how your community supports you, let's consider how you might be able to support the people in your community.

## Who is important to you – and what support might they need?

10 Mins

There will be lots of people around you that need support but even with the best laid plans you will find it challenging to support everyone. What you need to do for this challenge is to reach out to a small group of people that are close to you to see what support they need and how you might be able to help them.

# REFLECTION POINT

Let's start with the three groups of people you are likely to have been in contact with during the Covid-19 crisis lockdown. Complete the diagram below for each identified group to find out:

1. What is the main challenge they have had to deal with during the Covid-19 crisis?
2. What support did they need (or do they still need) to be able to deal with this issue?
3. Is there anything that you can do to support them?

THE PERSON	THEIR MAIN CHALLENGE	WHAT SUPPORT THEY NEED(ED)	WHAT COULD YOU DO TO SUPPORT THEM
Someone that I live with. <i>(Who?)</i>			
Your teacher/tutor <i>(Who?)</i>			
A friend <i>(Who?)</i>			

Are there any ways that you could support all groups?	
How similar is the support others need to what you need?	

### What is empathy?

Empathy is the ability to look at and try to understand the world from another person's point of view and to share that person's feelings.

To put it simply, to be empathetic is to ask and consider questions like:

- How would I respond if I were in that situation?
- What is it like to be in that person's shoes?

#### POWERUP YOUR TEAMWORK SKILLS



Learn that empathy is key to building strong teams

### What makes empathy so valuable?

Empathy is quite a complex behaviour to understand, to possess and show. The more able you are to show empathy, the better you can create meaningful relationships with others that can help you thrive after the Covid-19 crisis is over.

We can also feel empathy towards individuals and groups who are strangers, such as those we see on the news or on social media. Empathy is therefore important to help us understand the problems that occur within our communities.

## 4 Tips for you to be empathetic

Below are four tips to become more empathetic. Read through the tips and think of an example where you have used the tip or where you could have used the tip and complete the table:

TOP TIP		OUTLINE AN EXAMPLE WHERE THIS TIP CAN BE USED
<b>1) Remember that everyone has a story</b>	A person's behaviour (e.g. being rude or grumpy) will always have a story behind it. Think about what could have happened to make them behave that way.	
<b>2) Try to find things in common with others</b>	When you recognise things in common with others it is easier for you to understand them and any issues they may have.	
<b>3) Shine a light on bad behaviour</b>	If you see or do something yourself that would be seen as negative, recognise it and talk to someone about it. This will give you an opportunity to empathise with them on issues that have caused the behaviour.	
<b>4) Remember there are many different points of view</b>	A person's opinion deserves respect and a chance to be shared. Hearing what others think will help you to learn to think outside your own points of view. This should make empathising with others easier.	

## Standing together case study

Over the course of this challenge you have gathered information about the issues that the people you know have encountered. You may have learnt how these issues have impacted how they feel and discovered the ways that your community has supported them through the Covid-19 crisis.

It is now time to work with a partner (or in a three if you need to) to develop a case study/news article of how you have supported one another through the crisis and the value this has brought to helping each of you to feel better about the situation. Each of you need to complete a case study from your perspective based on the way you have supported one another during the crisis.

The case study will end in a ‘Statement of appreciation’ written by you to thank the others that have supported you. Those you are working with will write a statement about you. If you feel confident to at the end, share the statements with each other – this will help you build confidence in your abilities and help you develop a strong team that has respect for each other.

MY TEAM	THE SUPPORT I HAVE GIVEN MY TEAM DURING THE COVID-19 CRISIS	
The problems and issues	What problems and issues we have faced due to the Covid-19 crisis?	
My reaction	How I reacted to the problems and issues my team faced	
My support	How I supported my team to overcome the problems and issues they faced	
The impact of my support on our team	How others in the team reacted to my support	
	How I made others in the team feel	

ME	THE SUPPORT MY TEAM HAS GIVEN ME DURING THE COVID-19 CRISIS	
My problems and issues	The problems and issues that my team has supported me with during Covid-19 crisis	
The reaction of others	How others reacted to the problems and issues I raised	
The support I received	How I was supported by the others in my team to overcome the problems and issues I faced	
The impact the support had on me	How I responded to the support others gave	
	How the support impacted how I felt	

**MY STATEMENT OF APPRECIATION**

**Give a brief statement of thanks to the others in your team to explain what their support has meant to you and how it will help you recover from the Covid-19 crisis**

**POWERUP YOUR TEAMWORK SKILLS**



Stay strong as a team to build strength in your community

## Reflecting on 'Supporting others'

You have worked as part of a team to complete this challenge. Now it is time to review how well you think you have supported the other member(s) of your team during this challenge, focussing on some of the key behaviours of teamwork from the SLQ Skills Framework.

<b>RESPECT</b>	<b>How I showed respect to the other members of my team</b>	
<b>RELIABLE</b>	<b>How I showed others that they could rely on me</b>	
<b>HONESTY</b>	<b>How I was honest with others and why this was important</b>	
<b>EMPATHY</b>	<b>How I shared my feelings and tried to understand the feelings of others</b>	
<b>INCLUSIVE</b>	<b>How I made others feel like part of the team</b>	

# CONGRATULATIONS!

## Now you have completed the 'Supporting others' challenge

Use the space below to sum up how you have improved your Teamwork skills through this challenge. Please also score your Teamwork skills after completing this challenge.

Once you have done this, you will have achieved your 'Challenge 8: Supporting others' digital badge.



Score yourself out of 10

## Tutor Comments (Optional)



Take on Challenge 9 or any of the other challenges