

RELATED FOUNDATIONS:

- Social and Physical Environments
- Student Engagement

RESOURCES:

- [Online storybook](#) for Murray & Bird: The Search for the Missing Hat

Classroom Conversation Starters

ACTIVITY GOAL: To promote students' personal safety and sense of connectedness to their school by encouraging help-seeking behaviour and increasing their awareness of helpful members within their school community.

ACTIVITY INSTRUCTIONS:

1. Visit the [Middlesex-London Health Unit website](#) to download a copy of Murray & Bird: The Search for the Missing Hat storybook.
2. Read the book for the class.
3. Use the prompts below to help facilitate a classroom discussion:
 - a. When is it ok to ask for help? (“Everyone needs help sometimes, including you!”, “It is always ok to ask for help if you need it!”)
 - b. Why is it important to ask for help?
 - c. What are some kind ways to ask for help?
 - d. Who can you ask for help at school?
 - e. Who can you ask for help when you're not at school?
 - f. How can you be a good helper? (e.g., listen with respect, give positive feedback and encouragement, encourage the person to talk to a trusted adult)

