

Helping Anna



Positive Ending

KEY CONCEPT/ DISADVANTAGE

Kindness

OBJECTIVES

- To recognise the importance of being kind and supporting classmates who have additional responsibilities.
- To show empathy by understanding that everyone faces different challenges outside of school.
- To practice balancing their own responsibilities while helping others when needed.
- Encourage positive behaviour and avoid teasing or exclusion.

QUESTIONS FOR DISCUSSION FOR THE POSITIVE ENDING

1. How do you think Anna felt when she was struggling with her homework and assignments?
2. What could you do if you saw a classmate struggling to juggle schoolwork and home responsibilities?
3. Have you ever had a moment when you needed help but were afraid to ask for it? How did it make you feel?
4. Why is it important to help others and take care of our own tasks at the same time?
5. How can we make sure that everyone in the class feels supported and included?

SUGGESTIONS FOR ADDITIONAL RESOURCES

Pupils can take part in a role play in which they take turns playing Anna and her classmates. One student plays Anna, who is overwhelmed by her responsibilities, while another student plays a friend who supports her. The other pupils play the teacher and their classmates, react to the situation and discussing how they could help. In this way, pupils can practice empathy and problem solving in a real-life scenario. A time management exercise can also be introduced, where pupils create a simple schedule balancing schoolwork, responsibilities and free time to learn the importance of planning and prioritising.

Helping Anna



Negative Ending

KEY CONCEPT/ DISADVANTAGE

Kindness

OBJECTIVES

- To recognise the negative effects of ignoring or excluding classmates who are struggling with extra tasks.
- To recognise how to be more understanding and supportive of classmates who are struggling.
- To understand how teasing and lack of support can make someone feel isolated and anxious.
- To reflect on how they can make a positive difference to the lives of their classmates.

QUESTIONS FOR DISCUSSION FOR THE NEGATIVE ENDING

1. How do you think Anna felt when no one helped her and she was left alone to fight?
2. What could have been done differently to make Anna feel supported?
3. Have you ever felt overwhelmed by responsibility? How did it affect you?
4. Why is it important to recognise when someone is in difficulty rather than making fun of them?
5. How can we make sure our classroom is a place where everyone feels safe and supported?

SUGGESTIONS FOR ADDITIONAL RESOURCES

Pupils can take part in a reflection and empathy exercise in which they write a short letter in which they imagine they are Anna and express how they feel when no one helps. They can also watch a short film about the importance of kindness and support and then discuss as a group how they can apply these lessons to their everyday lives. These activities help them internalise the importance of standing up for others and creating an inclusive and caring classroom environment.