# Social Helper

about the new year beginning.

ideas that might help.

Are you wondering what school might be

While it probably won't take long for you

When we say someone is **social** (SO-shul),

we mean that he or she gets along with others.

like this year? Many kids get a little anxious

to feel at home, we wanted to pass on some

What does 'social' mean?

They make the right choices. They respond

fit in or that they don't belong. We all have

"social problems" at one time or another.

Be a social helper

on the back or a compliment.

also have these traits:

Hard work

Loyalty

Responsibility

Self-discipline

to others' needs. They are good companions,

friends and members of the school community.

Sometimes, kids might feel that they don't

That's where a social helper might step in.

These students are aware of the clues when a

classmate is in need of a friend, a smile, a pat

By being sensitive to the feelings of others

and doing something that helps, kids get a good feeling themselves. True, kids can't solve all problems, but they can help. It's the job of

teachers, principals and counselors to help, too.

Kids who are sensitive to others' feelings

Let's think about some clues of social

problems and what a solution might be.

Caring

Honesty

Respect



In the lunchroom

Clue: A girl is sitting at a lunch table. Nobody is sitting on either side of her. She feels very alone.

Suggestion for social helpers: Go and sit in one of the vacant seats next to her. Talk about something you think she might be interested in. Enjoy lunchtime together.

#### On a school bus

is getting upset at being picked on.

being teased to come and sit by you so she can move away from the teaser.

#### On the playground

Clue: A boy is walking around the edge of the playground by himself. He is not taking part in any games.

Suggestion for social helpers: Walk up to the kid with a smile on your face and ask him to join in your group.

By reaching out to kids you don't know, you may make new friends.



photo by David Woo/flickr

### Mini Idea:

Think about how good it feels for you to receive a smile or a compliment. You can make someone else feel that good!

Clue: One kid is teasing another kid, who

Suggestion for social helpers: Ask the kid



#### What do helpers do?

Students who are social helpers are usually also leaders in the classroom. We call these kids role models. How can you be a leader in your class?

- Volunteer for a class job. Many teachers choose students to do regular chores in the classroom. Tell your teacher you'd like to have a job. • Offer to help others. Are you really
- good at math or art? Talk with your teacher about helping other students with subjects that you love.
- Follow the rules when you're playing

a game, and be kind to those who don't play as well as you.

 Know when to say you're sorry. If you've made

a mistake, be willing to apologize and do what's needed to make it right.

• Be positive. Give a compliment to someone. Smile. Share a joke.

#### More ideas?

What other ideas do you have about being a social helper? Share your thoughts with your classmates or your family.

## Resources



#### On the Web:

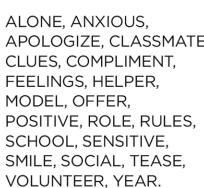
• bit.ly/MPclique

#### At the library:

- "Kindness Is Cooler, Mrs. Ruler" by Margery Cuyler
- "The Invisible Boy" by Trudy Ludwig

## Try 'n' Find

Words that remind us of social helpers are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:



IGOLOPA Q S Z APOLOGIZE, CLASSMATE, F S P E K Z R E P SMGOTLTUBENOL CCONSANXIOUSU S Т R Ε S RUDNEMILPMOC



## Cook's Corner

#### **Fusilli With Sun-Dried Tomatoes and Spinach**

#### You'll need:

• 1 pound fusilli

- 4 ounces herbed cheese (such as Boursin
- 1 cup chopped oil-packed sun-dried tomatoes
- 10 ounces baby spinach
- salt and ground black pepper
- · 2 tablespoons grated or shredded romano cheese

## What to do:

- 1. Cook pasta according to package directions. Drain and transfer to a large bowl.
- 2. While pasta is still warm, stir in herbed cheese, blending until pasta is coated.
- 3. Stir in sun-dried tomatoes and spinach.
- 4. Season to taste with salt and pepper.
- Transfer pasta to serving platter and top with romano cheese.

Adapted from "The Robin Takes 5 Cookbook for Busy Families" with permission from Andrews McMeel Publishing (andrewsmcmeel.com).

## 7 Little Words for Kids

Use the letters in the boxes to make a word with the same meaning as the clue. The numbers in parentheses represent the number of letters in the solution. Each letter combination can be used only once, but all letter CO



ERF

with this recipe

help

need an adult's

combinations will be necessary to complete the puzzle.			-	
1. response to a question (6)	IGN	SCR	FFE	IM
2. unknown person (8)	1011	JUIN	11 -	
3. leftover pieces (6)	ECT	AN	AN	PER
4. without a flaw (7)				
5. middle of your hand (4)	STR	ORE	GIRA	SW
6. pay no attention to (6)	A D.C	CED	DA	- E-D
7. animal with a long neck (7)	APS	GER	PA	ER

Answers: answer, stranger, scraps, perfect, palm, ignore, giraffe.

Mini Jokes

Sasha: What is a tree's favorite drink? Sam: Root beer!

## **Eco Note**

All living things play a particular role in their environment. This is called a niche (neesh). However, only one species can fill a niche in any habitat — if there were two, they would compete for the same food. For instance, anteaters occupy a certain niche in South America — they eat ants and termites. In places where there are no anteaters, other animals fill this niche.

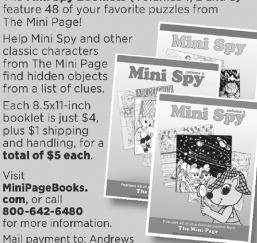
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#### For later:

Look through your newspaper for stories about kids or adults acting as social helpers for other people.

**Teachers:** For standards-based activities to accompany this feature, visit: bit.ly/MPstandards. And follow The Mini Page on Facebook!





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