

# Lesson 10: Social Animals

## Discussion Questions

- What types of things make you feel cared for?
- How do you care for the people in your family and community?
- What are some ways we can care for each other in the classroom? (*Make a list together on chart paper.*)
- *Point out some ways in which people feel cared for. (Some people like being listened to, some people like hugs, some people like help with things they are working on).* Ask students to think about the different ways support can look and feel. Ask students; does support look and feel the same for everyone?
- What do you need to feel safe in order to ask for support? (Discuss the importance of the sympathetic nervous system being activated in order to get support.)
- Is it possible to ask for support and to allow yourself to feel cared for if you are in the brain's "fight or flight" mode? Why or why not?
- Are there times and places at school when it doesn't feel emotionally safe to ask for or give support? Why or why not? (*Teacher's note: for older students, this would be a better writing prompt for students to communicate with the teacher privately.*)