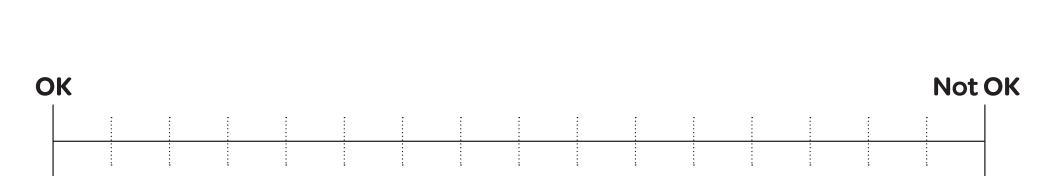
Continuum Worksheet



After you have placed the characteristics along the continuum as a class, complete your own continuum.

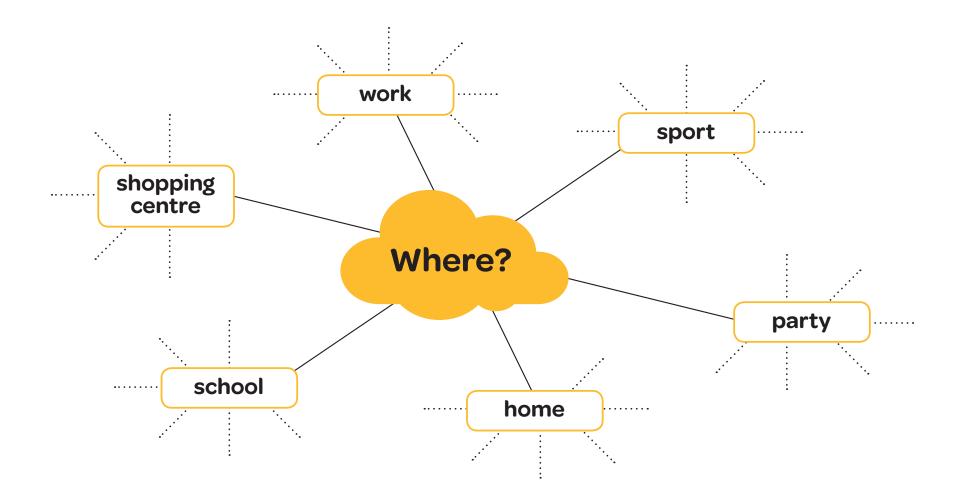


R U OK? at School Yr 7-8 Lesson plan 1: Worksheet B

Situation Mind Map



Is someone struggling with life? Use the mind map to group the signs that someone might be struggling with life under the different headings. For example, refusing to complete homework may fall under having trouble at school or trouble at home.



R U OK? at School Yr 7-8 Lesson plan 1: Worksheet C

Phone Chat Worksheet

RU©K?

Text messages can send mixed messages, especially when someone's struggling. How would you reply to the text messages below to show your friend you're there to support them?

1. Hey. Terrible day @school : (Reply:	2.	Maths results :-/ Mum's going to be MAAAAD!!! Reply:	3.	Huge fight with Ged. Feel awful now : (Reply:	
4. She just broke up with me!!! Reply:	5.	Can I come over to yours? Mum & dad fighting again Reply:	6.	James not invited to Kate's party & doesn't want me to go cos Tim is. What do I do? Reply:	

Connectedness Y-Chart



A Y-chart identifies what something:

- Looks like
- Feels like
- Sounds like

Use the chart below to record what you think connectedness looks, feels and sounds like.

Looks like:			
Sounds like:	Feels like:		

R U OK? at School Yr 7-8 Lesson plan 1: Worksheet E

Asking R U OK? Table

RU©K?

Complete the table by listing situations when it is and isn't the right time to ask someone 'are you ok?'

A good time to ask	Not the right time