

# Helping Interviews



Concept  
Social Skills



Length  
15-20 Minutes

## Inquiry Prompts

- When have you been able to help someone else who needed it?
- How do you know when someone else needs help?
- What does it feel like to help someone else?
- When have you needed someone else's help?
- How would it make you feel if you needed help and couldn't get it?
- What does it feel like to get help when you need it?

## Instructions

In this interviewing activity, students share their experiences and thoughts on what it means to give and receive help with a partner. The activity gives them a chance to learn from and empathize with their interview partner.

- 1 Pair up students, or have them pick a partner. Encourage students to work with someone new for this interview-based activity. This is a chance for them to learn something new about someone!
- 2 Ask students to interview their partner, using the [interview form](#). They can also go “off script” and come up with their own questions about what it means to be helpful.
- 3 After they finish their interviews, ask students to share what they learned from their classmates.

**Message to students:** Have you ever needed help with something in class, but didn't ask anyone for help? There are lots of reasons why someone might not ask for help. How can you help make sure others in your class can ask for help when they need it?

## Materials Required

- [Helping Interview forms](#)
- Pencils, pencil crayons, or markers
- Computer (tablet, phones) with Internet access (if you want students to upload artifacts)

## Artifacts

Have students upload their **Helping Interview** form to **Storyboard**, where they can reflect on what they learned from their interview subject about what it means to be helpful or to need help.

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## Helping Interview

I am interviewing \_\_\_\_\_

What was the last thing you did to help someone else who needed it?

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Why did you help them?

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How did it make you feel to help someone?

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Describe a time when you had to get help from someone to do or learn something.

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Why do you think some people are nervous about asking for help?

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What leader, famous person, or important figure is a good role model for students who want to be more helpful? Why?

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Do you think it's important to help others? Why or why not?

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Name: \_\_\_\_\_