

Pre-Activity	10 min	<p>Give examples of things that happen at school that might bother the students. Have the students try to think of solutions.</p> <p>For example, “It bugs me when the teacher doesn’t call on me and I know the answer”, “It bugs me when someone is yelling in the classroom”, “Playing alone at recess bugs me”, etc.</p> <p>Provide solutions: “Wait for the next time you teacher asks a question and raise your hand again”, “Move away from the yelling”, “Ask someone to play with you”, etc.</p>	Students listen and provide solutions.
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Activity	15 min	<p>Students get a chance to hold Bugsme and say, “It bugs me when...” Only students holding a character may speak.</p> <p>For example: “It bugs me when no one says hello to me when I get to school in the morning”, “It bugs me when I have a bad day”.</p> <p>Ask students what they think Sir Helps-A-Lot would suggest as a solution.</p> <p><i>Sample student response:</i></p> <ul style="list-style-type: none"> • Say hello to people when we arrive at school. • When someone is having a bad day, ask them if they’d like to play a fun game at recess. 	Students share their experiences of when something bothered them and students share their solutions.
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Closure	5 min	<p>Let’s remember Sir Helps-a-lot when in the school, on the playground, at home and in the community. We all have times when things bug us but we need to be like Sir Helps-A-Lot and think of how we can solve things for ourselves and others. For example, when someone takes your ball away you can ask them to wait their turn. Let’s try and be like Sir Helps-A-Lot today.</p>	Students listen.
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<p>Adaptations:</p> <p>⇒ Prompt solutions using different language such as “how can we help?”, “what is a good choice”</p> <p>⇒ For students who are non-verbal, provide emotions cards (i.e. pictures of being frustrated, mad, sad, etc.) and have the student point to or hold up the card when it is their turn with Bugsme</p> <p>⇒ For students who are non-verbal, provide action cards (i.e. pictures of high fives, sharing, hugs, etc.) and have the student point to or hold up the card when holding Sir Helps-a-lot</p>			
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Reflection: What went well? What needs to be changed for next time? What did I observe about my students? What would better facilitate my teaching of this topic? What needs to be considered for subsequent lessons on this topic?