

Who Helps Me?

Think carefully about all of the people who help you in your everyday life. Who helps you at home? Who helps you at school? Who helps you at any clubs you go to? Who helps you when you are out and about? Draw and label the people who help you on your sheet.

The worksheet is designed as a mind map. In the center is a large circle with the word **Me** written inside. Surrounding this central circle are eight smaller, empty circles, each intended for a drawing of a person who helps the student. The circles are arranged in a ring around the central circle.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).