

# Your support network



**Think of someone you know who has had to be resilient. How did you support them?**

**Think of three people you could turn to if you were struggling. Write them down on your worksheet.**

Watch [this video](#) on the importance of empathy. Think about how you could support others with empathy, and how you'd like others to support you.

Video credit: [www.theRSA.org](http://www.theRSA.org)



**Active listening = giving someone your full attention, fully concentrating on what is being said**

**Practice ‘active listening’ in pairs with someone in your household:**

- 1. One person should share a story about something that’s important to them and the other should listen badly – look bored, play on your phone, interrupt!**
- 2. Swap over: one person should share a story about something that frustrated them recently, and the other should listen well – mirror body language, give eye contact, ask questions.**

**How would practicing active listening help you show empathy? Complete page 2 of your worksheet.**

# Link to the video:



**Watch this video before going on to do the activity:**

**[CLICK HERE FOR THE LINK](#)**

This video is of former students from schools across the UK who have answered questions that will inspire you and hopefully give you some tips at this time!