

# Phone chat support

10 mins

KS 2

This activity explores how older children can help support one another through texting.

## What you will need

Phone chat worksheets (Examples are included below but additional worksheets can be made using the templates found at <http://www.fakephonetext.com/>)

## Method

- Explain that text messages can be used to let our friends and others know we are struggling. As a friend receiving a text from someone who is upset it's important to think about the best way to respond. What's the best thing to say or do?
- Ask the children to complete the worksheet, writing down how they would reply to the text messages
- Explain that sometimes we can help our friends by 'fixing' the problem but you don't always have to be able to suggest an answer to help. Often just by listening we can show we care.



