



## **Help vs Advice: Teacher Reference Sheet**

*“Help means do, but Advice means talk!”*

### **Morning Message/ Anchor Chart Suggestion:**

When we have a problem, we might need to ask for help or advice.

**Help** means that we need someone else to **do** something for us.

**Advice** means that we want someone to give us **ideas** about something.

### **Examples to discuss:**

You are at school and you lost your lunch box!

- If your teacher and classmates start to look for it, you got help.
- If your teacher and classmates tell you ideas where to look for it, you got advice.

You broke your favorite toy, and you go to your parents with it.

- If you need your parent to use glue and fix the toy for you, you were given help.
- If you need your parent to tell you how not to break the toy next time, you were given advice

### **Try this Quiz-Game: Is it advice or is it help?**

You have a broken pencil at school and you show your friend.

- Your friend gives you their pencil sharpener (Help)
- Your friend tells you where the teacher keeps sharpened pencils (advice)

You see a cigarette on the ground at school

- You tell a teacher and they tell you to not to pick it up (advice)
- You tell a teacher, and they go over and pick it up for you (Help)

You are doing an art project, and you ask your friend how they made such great flowers.

- They take your art project and paint the flowers on it for you (help)
- They tell you what colours they used to make the flowers so bright (advice)

**\*\*Discuss: Do we always want help? Would you like it if someone else painted on your work?**



Resources developed by Northern Inter-Tribal Health Authority

**Extension: Questions to Further Discussion:**

- Who are some people who could give good advice? (parents, teachers, principal, doctors, police officers, trusted Adults, etc)
- When have you given someone in your family help? When have you given someone in your family advice?
- What is some advice you have to make our community healthier?