### Hillstone Lifeskills



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### Calm me

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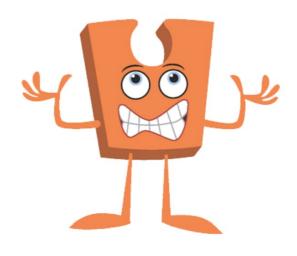




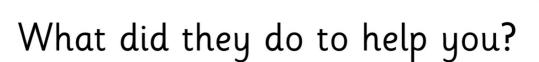


# Who has helped you today?

Arthur helped me empty the washing machine.



Who has helped you at home this week?

















Lollipop Person

Who are the people who have special jobs that help us in our school community?
Can we think of anyone else that helps us?
Does everyone help us in the same way?



School Secretary



Caretaker





Dentist

#### Who could help you if.....

You fell over and hurt your knee?

You needed help with some hard work?

You had a toothache?

You felt really sick?

You were sad and upset?

## Can you write some sentences in your book about who can help you at school?

The dinner lady can help me...

My teacher can help me...

The playworker can help me...