



Who is Fitzy Fox?

Social & Emotional Learning Worksheets for
Teachers/Counsellors

Written by Penny Hagstrom

BA (Hons), Bachelor Social Work, Dip. Ed.

HELPING

It feels good to help others and also to be helped. Helping others helps us feel like we belong and to connect with one another.

Most people in the world, in all communities are brought up knowing and understanding that it is good to help others. It is a good thing to help someone who has been hurt, someone in distress, someone to achieve something they are having trouble with and someone less fortunate than ourselves. Along the journey of life, we are helped by many people.

Ask the class, 'Can you think of a recent time when you saw someone helping someone else?'

As Fitzy Fox travelled on his journey, he was helped by many other characters - some he knew well and some he knew a bit and some he had never met before.

Ask the class, 'Can you remember some of the helpers in the story? How did they help?' Answers might include:

- Fitzy's mum - she helped Fitzy by telling him that he was loved no matter what.
- Fitzy's family - they helped Fitzy by showing how much they cared about him; being so worried when he went away and so happy when he returned.
- Arabella, the gelati shop owner - she offered Fitzy a gelati ice cream when he visited her shop.
- The guard at Buckingham Palace who suggested Fitzy might try looking for a fox at Hyde Park.
- The elegant swans at Hyde Park who suggested Fitzy look around Notting Hill for some foxes.
- The fox and his family at Notting Hill who invited Fitzy to share a meal with them and waved him off as he flew back to Australia.

Ask the class, 'Who are the people in your life who have helped you?'

Students now complete *The Helping Worksheet*.
