

Sample Worksheets

Worksheet 1. Song Key Words

LEAN ON ME

Key Words

In each verse of the song,¹ write down one key word that you hear. For example, in the first phrase, “Lean on me, when you’re not strong” you might write “lean” and “strong.”

Idioms

Match the phrases with the definitions:

| | |
|--------------------|----------|
| to continue | lean on |
| count on / rely on | call on |
| ask for help | carry on |

Use the idioms to fill in the blanks below.

1. Can I _____ you if I need help?
2. Don't _____ on that fence. It's broken.
3. My job is difficult, but I will _____.

1. Bill Withers. (1972). Lean on me [song]. On *Still Bill*. Sussex.

Questions

1. When do you “lean on” others? _____
2. Can others “lean on” you? How and when? _____

Create Motions

With a partner, create motions to the song. Act out “leaning” on a friend, being “strong,” etc.

Sing the Song!

Find the song online, and sing along!

Worksheet 2. Surveys

Q: Do you like _____?

A: Yes, I like _____.



No, I don't like _____.



| Name | bananas | apples | papaya | pineapple |
|-------|---------|--------|--------|-----------|
| Mario | ✓ | ✓ | x | ✓ |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
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Worksheet 3. Interviews

Write About Your Friend!

Ask your friend:

| Information You Need | Question to Ask | Answer |
|----------------------|-----------------|--------|
| Name | | |
| Country | | |
| Age | | |
| Birthday | | |
| Sisters | | |
| Brothers | | |
| Hobbies | | |

My friend is _____. _____ comes from _____. _____ is _____ years old. _____ birthday is on _____. _____ has _____ sisters and _____ brothers. _____ likes to _____. I like my new _____!

Worksheet 4. Find Someone Who

How do your classmates cope with stress? Find someone who...

1. writes in a journal

Name: _____

Question prompt: Do you.....?

2. talks to a friend

Name: _____

3. talks to a family member

Name: _____

4. eats ice cream

Name: _____

5. goes shopping

Name: _____

6. goes running

Name: _____

7. reads a book

Name: _____

8. other: _____ Name: _____

Write in your answers to the questions, then talk with a partner about your responses:

Do any of your classmates cope with stress in the same way that you do?

Would you like to change how you cope with stress?

Does your partner have any advice for coping with stress?
