



Name: _____

Class: _____ Date: _____

Reach Out: The 3-2-1 Plan

An activity of the Maria Hertogh series

From what we know, Maria Hertogh was happy living in Malaya and sad in the Netherlands. The stories we read about Maria do not tell us anything about her friends (see <http://about.whatsup.sg>). But, we do know that having friends at school can make a world of difference to kids. Perhaps one of the takeaways from Maria's experience is that we — both children and adults — must do more to make every child feel he or she belongs.

Sometimes, students think there is very little they can do to help the other kids at school. The truth is that every student has a part to play in creating a kind and caring school community. To make that a reality, reach out and connect with other students! Even mean kids sometimes change when they feel loved.

Here's a simple strategy to reach out in a systematic way for three weeks. Each week, all you have to do is say hello to three students you have never spoken to before, have a conversation for the first time with two students, and invite one student to join you in an activity. For example, you could invite a student to join you at your favourite canteen table, drop in at the library, and so on.

1. Before you start reaching out, make a list of all the activities to which you can invite someone. There may be times when you prefer to be on your own — exclude those activities. List only the ones that you would be happy to have new friends join you.

Activities I want to invite new friends to:

2. Start your 3-2-1 reaching out strategy as soon as you are ready. Reach out to kids you have seen before at school but are not your close friends. Keep track of your efforts using the table below:

My 3-2-1 log	Said hello for the first time to	Had a first-time conversation with	Invited this person to join in an activity	Reached
Week 1	1. 2. 3.	1. 2.	1.	6 students
Week 2	1. 2. 3.	1. 2.	1.	6 students
Week 3	1. 2. 3.	1. 2.	1.	6 students

IMPORTANT TO NOTE: *If anyone makes you feel uncomfortable, back off from that person. On the one hand, it is good to be friendly towards as many kids as possible. On the other hand, you must also take care of yourself by keeping safe.*

3. When your table is complete, you would have reached out to 18 students! We hope you feel good about helping to make your school a warm and caring place for all.