

The Peer Support Project

Offering and Receiving Support

PART 01 Warm-Up Activity

Think about a time you felt stressed at work or school. Who helped you? What did they say that made you feel better?

PART 02 The Scenario

You are members of a "Peer Support Committee" at a large international company. Several employees are currently facing difficult situations and the committee needs to create a specific "Support Plan" for each person.

The Case Studies:

1. **Elena:** A junior designer who is overwhelmed by three major deadlines next week. She feels she is "never going to finish on time."
2. **Marcus:** A long-time employee returning to work tomorrow after being away for three months due to a serious illness.
3. **Sonia:** A talented programmer who is afraid to apply for the "Lead Developer" position because she doesn't think she is good enough.

THE TASK & GOAL

Create a 3-step support plan for each person and present it to the group.

1. Read the case studies and discuss what kind of support (emotional or practical) each person needs most.
2. Choose specific phrases to use when you meet with these employees.
3. Decide on one practical action the committee will take for each person.
4. Present your plan to the other committees and compare your ideas.

ROLES & PERSPECTIVES

A: COMMITTEE CHAIR

You lead the discussion. Ensure that every plan includes at least two phrases of encouragement and one offer of practical help.

B: SECRETARY

You take notes on the specific phrases and actions chosen. You will be responsible for explaining "why" the committee chose these specific words.

REFERENCE Useful Language

ENCOURAGING OTHERS	OFFERING HELP	EXPRESSING GRATITUDE
Hang in there!	My door is always open.	I really appreciate it.
We've got this!	Anything you need, just ask.	That means a lot.
It's worth a shot!	Let me know if I can do anything.	You've been a lot of help.

PLANNING & NOTES

Plan your dialogue here

PART 03 Reflection

1. Which of the three cases was the most difficult to provide support for? Why?
2. Do you prefer to receive emotional encouragement (words) or practical help (actions)?

The Peer Support Project

Target language practice.

⌚ TIME

30-40 MINS

📄 OBJECTIVE

To enable students to use supportive and encouraging language in a professional/collaborative context.

🎓 GRAMMAR FOCUS

IMPERATIVES AND PRESENT CONTINUOUS FOR SUPPORT

- Hang in there
- We are looking for ways to help
- Let me know if I can do anything.

📁 KEY VOCABULARY

STRESSED

APPRECIATE

GRATEFUL

SUPPORT

ENCOURAGING

Procedure —

1. **Warmer (5 mins):** Ask students to share experiences of being supported. Elicit a few phrases they already know.
2. **The Task (20 mins):**
 - Monitor the groups as they discuss Elena, Marcus, and Sonia.
 - Ensure they are using the phrases from the "Useful Language Box."
 - Encourage them to think of practical actions (e.g., "We will order Elena's lunch so she can keep working" or "We will meet Marcus at the door").
3. **Feedback (10 mins):** Groups present their plans. Focus on the "language of support." Correct any errors in the use of phrases like "My door's always open" vs "My door is always opened."