



TEACHING TOLERANCE

A PROJECT OF THE SOUTHERN POVERTY LAW CENTER
tolerance.org

Lighten the Load

Student name _____

Grade level _____

Contact info _____

What responsibilities does this student carry?	
In school ...	Out of school ...
What's working?	
In school ...	Out of school ...
What's not working?	
In school ...	Out of school ...

Goal Setting

1-3 ways to lighten the load for this student ...

1. _____

2. _____

3. _____

Locating resources that will help	
School-based...	Community-based...
Identifying people who can help	
School-based...	Community-based...

Implementation

Who will be involved?

When will we meet with this student?

How will we know we have been successful helping the student balance their responsibilities effectively?
