



Grade Level: Grade 3

Subject: Health

Objective:

- Understand the importance of believing in oneself and having a positive mindset.
- Learn the benefits of deep breathing and relaxation techniques.
- Recognize the value of friendship and support.

Materials:

- "Jungle Buddyz: A Race to Remember" story
- Whiteboard or chart paper
- Markers
- Paper and pencils for students

Introduction:

1. Begin by asking students if they have ever felt nervous or unsure about doing something. Allow a few students to share their experiences.
2. Introduce the story "Jungle Buddyz: A Race to Remember" and briefly summarize the main events.
3. Explain that today, we will be discussing the importance of believing in ourselves, managing our emotions, and supporting others.

Story Comprehension:

1. Read the story "Jungle Buddyz: A Race to Remember" aloud to the class.
2. After reading, discuss the following questions:
  - Who are the main characters in the story?
  - Why was Scooter feeling nervous before the race?
  - How did Scooter's friends help him overcome his nervousness?
  - What did Scooter learn from his friends?
  - How did Scooter feel at the end of the race?

Discussion and Reflection:

1. On the whiteboard or chart paper, create three columns labeled "Believing in Yourself", "Managing Emotions", and "Supporting Others".
2. As a class, brainstorm examples from the story that relate to each column.

- Believing in Yourself: Scooter learning to believe in his abilities and being proud of himself.
  - Managing Emotions: Scooter using deep breathing and Milo offering a breathing trick to help him keep calm.
  - Supporting Others: Scooter's friends giving him encouragement and support throughout the race.
3. Discuss why each of these aspects is important in our daily lives and how they can positively impact our well-being.

Conclusion:

1. Summarize the key points discussed in the story and the importance of believing in oneself, managing emotions, and supporting others.
2. Emphasize the idea that everyone has strengths and abilities, and it's essential to have a positive mindset to overcome challenges.
3. Encourage students to always support and uplift their friends and classmates when they are feeling nervous or unsure.

Extension Activity:

1. Ask students to write a paragraph or short story about a time when they felt nervous or unsure about doing something, and how they overcame their feelings.
2. Have students share their stories with the class or in small groups, encouraging positive feedback and support from their peers.

Note: The extension activity can be modified based on the teacher's preference and time available.