



Grade Level: Grade 3

Subject: Health

Objective:

- Students will learn about the importance of believing in oneself and overcoming challenges.
- Students will learn different strategies for managing nerves and staying calm in stressful situations.
- Students will understand the value of friendship and support in accomplishing goals.

Materials:

- Storybook "Jungle Buddyz: A Race to Remember"
- Whiteboard or chart paper
- Markers
- Worksheet for reflection (optional)
- Extension activity materials (optional)

Introduction:

1. Begin by asking students if they have ever felt nervous or scared about trying something new or participating in a competition or race.
2. Share the title of the story, "Jungle Buddyz: A Race to Remember", and ask students what they think the story could be about.
3. Introduce the characters of Scooter, Flick, Milo, Lincoln, and Gabby, and briefly explain their qualities and roles in the story.

Story Comprehension:

1. Read the story "Jungle Buddyz: A Race to Remember" aloud to the students.
2. Engage students by asking comprehension questions throughout the story:
 - Who are the main characters in the story?
 - How did Scooter feel about the race?
 - How did his friends help him?
 - What strategies did Scooter use to manage his nerves?
 - How did Scooter feel after completing the race?

Discussion and Reflection:

1. After reading the story, facilitate a class discussion about the key themes and messages in the story.

2. Write the following questions on the whiteboard or chart paper and discuss them as a group:

- How did Scooter's friends support him during the race?
- Why was it important for Scooter to believe in himself?
- What strategies did Scooter use to stay calm during the race?
- How did his friends' support make a difference?
- How can we apply these lessons to our own lives?

Conclusion:

1. Summarize the key messages of the story, emphasizing the importance of believing in oneself, managing nerves, and supporting friends.
2. Encourage students to reflect on a time when they faced a challenge or felt nervous, and how they managed to overcome it.

Extension Activity (optional):

1. Divide students into small groups and have them create their own jungle-themed races or obstacle courses.
2. Each group can design a course using materials such as cones, hula hoops, ropes, or other items found in the classroom or gym.
3. Students take turns participating in the races, with their teammates cheering them on and providing support, just like in the story.
4. After completing the races, students can reflect on their experiences and discuss how they felt and what strategies they used to stay focused and calm during the race.

Note: This lesson plan can be modified and adapted to suit the specific needs and requirements of the classroom and students.