



Grade Level: Grade 2

Subject: Health

Objective:

- Students will learn about the importance of believing in oneself and overcoming fears.
- Students will learn and practice deep breathing techniques for relaxation and focusing.

Materials:

- Story: "Jungle Buddyz: A Race to Remember"
- Whiteboard or chart paper
- Markers
- Breathing exercise visuals or posters (optional)

Introduction:

1. Begin the lesson by showing the cover of the book "Jungle Buddyz: A Race to Remember" and ask students what they think the story might be about.
2. Read the story aloud to the students, stopping occasionally to ask questions and engage their comprehension.

Story Comprehension:

1. After reading the story, ask the following questions:
 - a. Who are the Jungle Buddyz? (Scooter, Flick, Milo, Lincoln, Gabby)
 - b. Why was Scooter feeling nervous before the race? (He didn't think he could do it)
 - c. How did Scooter's friends help him? (By showing him breathing techniques, dancing, and providing support and encouragement)
 - d. Did Scooter win the race? Why is it still important to be proud of oneself? (No, but he completed the race and overcame his fear)

Discussion and Reflection:

1. Lead a class discussion about the importance of believing in oneself and overcoming fears.
2. Ask the students to share times when they felt nervous or scared to try something, and how they overcame those feelings.
3. Discuss the different ways Scooter's friends helped him and how their support made a difference.

Conclusion:

1. Summarize the main points of the lesson, emphasizing the importance of believing in oneself and the power of support from friends.
2. Remind students that it's okay to be nervous or scared sometimes, but they should always try their best and be proud of their accomplishments.

Extension Activity:

1. Divide the class into small groups and ask them to create a short skit or role-play demonstrating the importance of belief in oneself and supporting others.
2. Have each group present their skits to the class.
3. After the presentations, have a group reflection where students discuss what they learned from each skit and how they can apply those lessons in their own lives.