



Grade Level: Kindergarten

Subject: Health

Objective:

- Students will learn about the importance of self-belief and perseverance.
- Students will practice deep breathing as a relaxation technique.
- Students will learn to be supportive and encouraging towards their friends.

Materials:

- Story: "Jungle Buddyz: A Race to Remember"
- Pictures or drawings of animals from the story
- Large chart paper or whiteboard
- Markers

Introduction:

1. Gather the students in a circle and show them the pictures or drawings of the animals from the story.
2. Ask the students if they know any of the animals and what they know about them.
3. Explain that today, we will be reading a story about some animal friends who go on an adventure and learn an important lesson.

Story Comprehension:

1. Read the story "Jungle Buddyz: A Race to Remember" to the students.
2. After reading, ask the students questions to check their comprehension of the story, such as:
 - Who were the Jungle Buddyz?
 - Why was Scooter feeling nervous?
 - How did Scooter's friends help him?
 - What did Scooter learn from the race?

Discussion and Reflection:

1. Write the following questions on the chart paper or whiteboard:
 - How do you think Scooter felt at the beginning of the race?
 - How do you think Scooter's friends helped him?
 - Why is it important to believe in ourselves?

2. Have a class discussion, allowing students to share their thoughts and reflections on the questions.
3. Encourage students to empathize with Scooter and share times when they have felt nervous or needed encouragement.

Conclusion:

1. Summarize the important lesson from the story: it is important to believe in ourselves and have the support of our friends.
2. Remind the students that everyone has different strengths and abilities, and it's okay if we're not the best at everything.
3. Emphasize the importance of encouraging and supporting our friends, just like the Jungle Buddyz did for Scooter.

Extension Activity:

1. Have the students sit or lie down in a comfortable position.
2. Practice deep breathing with the students, just like Milo showed Scooter in the story.
 - Instruct the students to take slow, deep breaths in through their nose and out through their mouth.
 - Encourage them to feel their bellies rise and fall with each breath.
 - Practice for a few minutes, allowing students to relax and calm themselves.
3. After the deep breathing exercise, have the students pair up and take turns being each other's "Jungle Buddyz".
 - Instruct one student to share something they would like to improve or feel nervous about.
 - The other student should offer words of encouragement and remind their partner to believe in themselves.
4. Bring the class back together and allow students to share their experiences as "Jungle Buddyz" with the rest of the class.