



Grade Level: Grade 2

Subject: Health

Objective:

- Students will learn the importance of self-confidence and belief in oneself.
- Students will understand the effects of positive support and encouragement from friends.
- Students will practice deep breathing techniques to help manage stress and anxiety.
- Students will reflect on their own experiences of overcoming challenges.

Materials:

- Story book: "Jungle Buddyz: A Race to Remember"
- Whiteboard or chart paper
- Markers
- Student journals or paper
- Extension activity materials (optional): construction paper, glue, scissors, craft materials

Introduction:

1. Begin by asking students if they have ever felt nervous or unsure about trying something new.
2. Share with students that today's lesson is about a story called "Jungle Buddyz: A Race to Remember" and how the characters in the story faced their fears and supported each other.
3. Introduce the story, "Jungle Buddyz: A Race to Remember," by reading it aloud to the class.

Story Comprehension:

1. Facilitate a discussion about the story by asking the following questions:
 - Who are the main characters in the story?
 - How did the Jungle Buddyz support Scooter?
 - What strategies did Scooter use to overcome his nervousness?
 - How did Scooter's friends make him feel proud of himself?
 - What did Scooter learn from the race?

Discussion and Reflection:

1. Write the following questions on the whiteboard or chart paper:
 - Have you ever felt nervous or unsure about doing something? What was it?
 - How did you overcome your nervousness or fears?

- How did the support and encouragement from others help you?
- 2. Allow students to share their experiences and reflections with the class.
- 3. Facilitate a group discussion by asking follow-up questions and encouraging students to share their thoughts.

Conclusion:

1. Summarize the important lessons from the story and the discussions.
2. Emphasize the importance of believing in oneself and the impact of positive support from friends.
3. Remind students that everyone faces challenges and it's okay to ask for help and support.
4. Encourage students to practice deep breathing techniques when feeling nervous or stressed.

Extension Activity:

1. Optional: Provide materials for an extension activity.
2. Ask students to create a poster or a craft that represents a time when they overcame a challenge or when they felt proud of themselves.
3. Allow students to share their creations with the class and explain the significance behind them.

Note: The extension activity can be modified based on the resources and time available in the classroom.