



Grade Level: Grade 3

Subject: Health

Objective: The students will learn about self-confidence and the importance of support from friends. They will practice deep breathing techniques to manage stress and anxiety.

Materials:

- Copy of "Jungle Buddyz: A Race to Remember" story
- Whiteboard or chart paper
- Markers
- Pictures of different jungle animals
- Timer or stopwatch

Introduction: (5 minutes)

- Show the pictures of different jungle animals to the students and ask them to identify each animal.
- Explain that today, they will be reading a story called "Jungle Buddyz: A Race to Remember" about a group of friends who support and help each other.
- Ask the students if they have ever felt nervous or lacking confidence in themselves.

Story Comprehension: (10 minutes)

- Read the story "Jungle Buddyz: A Race to Remember" aloud to the students.
- Ask comprehension questions to ensure understanding of the story, such as:
 - Who are the Jungle Buddyz?
 - Why was Scooter feeling nervous?
 - How did Scooter's friends support and help him?
 - What happened at the end of the race?
 - How did Scooter feel after completing the race?

Discussion and Reflection: (10 minutes)

- Write the following questions on the whiteboard or chart paper:
 1. How did Scooter's friends help him feel more confident?
 2. What are some ways we can support and encourage our friends?
 3. How can deep breathing help us manage stress and anxiety?
- Have a class discussion, allowing the students to share their thoughts and experiences.

- Encourage the students to reflect on times when they have felt supported by their friends or when they have supported their friends.

Conclusion: (5 minutes)

- Summarize the main points discussed in the lesson, emphasizing the importance of self-confidence and support from friends.
- Remind the students of the deep breathing technique mentioned in the story, and explain that deep breathing can help us calm down and manage stress.
- Encourage the students to believe in themselves and support their friends.

Extension Activity: (15 minutes)

- Divide the students into pairs or small groups.
- Instruct each group to create a short skit or role play to demonstrate a situation where someone is feeling nervous or lacking confidence, and how their friends can support and encourage them.
- Give the students some time to prepare their skits.
- Invite each group to perform their skit in front of the class.
- After each skit, have a class discussion about the different ways the friends supported and encouraged each other.

Note: The extension activity can be modified based on the time available and the students' interests and abilities.