



Grade Level: Grade 2

Subject: Health

Objective:

- Students will understand the importance of believing in themselves and having confidence.
- Students will learn a breathing technique to help manage stress and nerves.
- Students will explore the concept of teamwork and supporting others.

Materials:

- The story "Jungle Buddyz: A Race to Remember"
- Whiteboard or chart paper
- Markers
- Optional: stuffed animals representing the characters in the story

Introduction:

1. Display the title of the story, "Jungle Buddyz: A Race to Remember," on the board or chart paper.
2. Ask students if they have ever felt nervous or unsure about doing something.
3. Discuss with the class how it feels to have confidence in oneself.
4. Explain that today, you will be reading a story about a sloth named Scooter who learns the importance of believing in himself.

Story Comprehension:

1. Read the story "Jungle Buddyz: A Race to Remember" aloud to the class.
2. Pause at key points in the story to ask comprehension questions, such as:
  - How did Scooter feel before the race?
  - How did his friends help him feel more confident?
  - What was the result of the race?

Discussion and Reflection:

1. Lead a class discussion about the story, using the following prompts:
  - How did Scooter's friends help him feel more confident?
  - Why is it important to believe in ourselves?
  - Have you ever had to do something that made you nervous? How did you overcome your nerves?
  - How did Scooter feel at the end of the story? Why?

Conclusion:

1. Review the main points of the story and the discussion, emphasizing the importance of believing in oneself and the support of friends.
2. Explain that sometimes when we feel nervous or stressed, it is helpful to use a breathing technique to calm ourselves down.

Extension Activity:

1. Teach the students a breathing technique called "Square Breathing":
  - a. Instruct students to imagine tracing a square shape with their finger.
  - b. As they trace each side of the square, they should take a slow, deep breath in through their nose.
  - c. As they trace the next side of the square, they should hold their breath for a few seconds.
  - d. As they trace the final side of the square, they should exhale slowly through their mouth.
2. Have students practice the Square Breathing technique together as a class, tracing an imaginary square in the air with their fingers.
3. After practicing the breathing technique, facilitate a class discussion on how it made them feel and when they might use it in their lives.
4. Encourage students to try using the breathing technique the next time they feel nervous or stressed.

Note: Ensure to adapt the lesson plan as per the individual needs and abilities of the students.