



Grade Level: Grade 1

Subject: Health

Objective:

- Students will learn about the importance of believing in oneself and having a positive mindset.
- Students will practice deep breathing techniques to manage emotions and calm their nerves.
- Students will learn the value of friendship and supporting one another.

Materials:

- Story: "Jungle Buddyz: A Race to Remember"
- Whiteboard or chart paper
- Markers or chalk
- Optional: small stuffed animals representing the Jungle Buddyz characters

Introduction:

1. Begin by asking students if they have ever been in a race or competition.
2. Discuss how it feels to participate in a race and if they have ever felt nervous or unsure of themselves.
3. Introduce the story "Jungle Buddyz: A Race to Remember" and explain that it is a story about believing in oneself and supporting friends.
4. Read the story aloud to the students.

Story Comprehension:

1. After reading the story, ask the students the following questions to check their comprehension:
 - Who are the Jungle Buddyz characters?
 - How did Scooter feel before the race?
 - How did Scooter's friends support him?
 - What did Scooter learn from the race?
2. Discuss the importance of believing in oneself and how it can help overcome challenges and achieve goals.

Discussion and Reflection:

1. Lead a class discussion on the theme of the story and the importance of having a positive mindset.
2. Ask students to share times when they felt nervous or unsure of themselves and what they did to overcome those feelings.
3. Discuss different strategies for managing emotions, such as taking deep breaths, positive self-talk, and seeking support from friends and family.
4. Have students share ways they can encourage and support their friends when they are facing challenges.

Conclusion:

1. Summarize the key points discussed during the lesson.
2. Emphasize the importance of believing in oneself and having a positive mindset.
3. Remind students that it is okay to ask for help and support from friends and family.
4. Encourage students to practice deep breathing techniques when they feel anxious or nervous.

Extension Activity:

1. Have students draw a picture or write a short story about a time when they believed in themselves and overcame a challenge.
2. Optional: Provide small stuffed animals representing the Jungle Buddyz characters and have students act out the story or create their own version of the race using the characters.
3. Encourage students to share their drawings, stories, or performances with the class to celebrate their achievements and build a sense of community.