



Grade Level: Grade 1

Subject: Health

Objective: Students will learn about the importance of perseverance and believing in oneself. They will understand strategies for managing nerves and anxiety and learn a breathing technique to help them stay calm.

Materials:

- Copy of the story "Jungle Buddyz: A Race to Remember"
- Whiteboard or chart paper and markers
- Breathing cards for each student (create simple cards with the words "In" and "Out" written on them)
- Art supplies (colored pencils, markers, crayons)

Introduction:

1. Show the students the cover of the story "Jungle Buddyz: A Race to Remember" and introduce the characters.
2. Ask the students if they have ever felt nervous or unsure about doing something. Discuss their experiences, highlighting the importance of believing in oneself.

Story Comprehension:

1. Read the story "Jungle Buddyz: A Race to Remember" aloud to the students.
2. After reading, ask the students questions to assess their comprehension of the story, such as:
  - Who are the Jungle Buddyz?
  - How was Scooter feeling before the race?
  - What strategies did his friends suggest to help him?
  - How did Scooter feel after completing the race?
  - What did his friends say to encourage him?

Discussion and Reflection:

1. Lead a class discussion about the story, focusing on the themes of perseverance, believing in oneself, and managing nerves and anxiety.
2. Ask the students questions, such as:
  - How did Scooter overcome his nerves?
  - What did his friends do to support him?

- How did Scooter feel after completing the race?
- Why is it important to believe in ourselves?
- What are some strategies we can use to manage nerves and anxiety?

Conclusion:

1. Review the main points discussed in the lesson, emphasizing the importance of perseverance and believing in oneself.
2. Discuss the breathing technique mentioned in the story and its benefits for managing nerves and anxiety.
3. Demonstrate the breathing technique using the breathing cards. Instruct the students to hold up the card with the word "In" and take a slow deep breath in through their nose, and then hold up the card with the word "Out" and exhale slowly through their mouth.
4. Lead the students in practicing the breathing technique together.

Extension Activity:

1. Ask the students to draw a picture of themselves doing something that makes them feel nervous or unsure.
2. Have them write a sentence or two about how they can use the breathing technique and believe in themselves to overcome their nerves.
3. Give the students time to share their drawings and sentences with a partner or with the whole class.

Note: This lesson plan is based on the provided story and can be modified to suit the specific needs and time constraints of the classroom.