



Grade Level: Kindergarten

Subject: Health

Objective:

- Students will learn the importance of perseverance and self-belief.
- Students will understand the benefits of deep breathing for calming nerves and reducing anxiety.

Materials:

- Story: "Jungle Buddyz: A Race to Remember"
- Whiteboard or chart paper
- Markers
- Flashcards with different breathing exercises (optional)
- Extension activity materials

Introduction:

1. Begin by asking students if they have ever felt nervous or scared to try something new, like Scooter in the story. Allow a few students to share their experiences.
2. Explain to students that sometimes, when we feel nervous or scared, it's important to have strategies to help us calm down and believe in ourselves.

Story Comprehension:

1. Read the story "Jungle Buddyz: A Race to Remember" aloud to the class.
2. Encourage students to listen carefully and pay attention to how Scooter's friends help him overcome his fears and achieve his goal.
3. After reading, ask comprehension questions to ensure students understood the story.

Example questions:

- Who are the main characters in the story?
- Why was Scooter feeling nervous?
- How did Scooter's friends help him?

Discussion and Reflection:

1. Engage students in a class discussion about the importance of perseverance and self-belief.
2. Write the following questions on the whiteboard or chart paper and discuss with the class:
  - Why was it important for Scooter to believe in himself?

- How did Scooter's friends help him believe in himself?
- Have you ever felt nervous or scared to try something new? How did you overcome those feelings?

Conclusion:

1. Recap the main points discussed in the lesson, emphasizing the importance of believing in oneself and finding support from friends.
2. Encourage students to remember Scooter's story whenever they feel nervous or scared, and try to find strategies, like deep breathing, to calm themselves down.
3. Remind students that everyone has their own strengths, and it's important to be proud of ourselves, even if we don't always achieve first place.

Extension Activity:

1. For the extension activity, have students practice deep breathing techniques.
2. Introduce different breathing exercises using flashcards, if available.
3. Guide students through each exercise, ensuring they understand how to take slow, deep breaths in through their nose and out through their mouth.
4. Encourage students to use these techniques whenever they feel nervous or anxious.
5. As an extension, students can create their own "Jungle Buddyz" character and write a short story about a time when their character faced a challenge and how they overcame it using self-belief and the support of their friends.