



Grade Level: Kindergarten

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 help manage stress and anxiety.
- Students will learn the importance of encouraging and supporting friends.

Materials:

- Story "Jungle Buddyz: A Race to Remember"
- Chart paper or whiteboard
- Markers or chalk
- Optional: small stuffed animals representing the characters in the story

Introduction:

1. Gather students in a circle on the carpet and introduce the story "Jungle Buddyz: A Race to Remember".
2. Show the cover of the story and ask students if they notice anything about the characters or the setting (jungle). Elicit responses and encourage discussion.
3. Explain that the story is about a group of animal friends who had to work together and believe in themselves to overcome a challenge.

Story Comprehension:

1. Read the story aloud to the students, allowing them to follow along with the pictures.
2. Pause at key points in the story to ask questions and check for understanding. Examples:
 - How was Scooter feeling at the beginning of the story?
 - What did Scooter's friends do to help him feel better?
 - How did Scooter feel after completing the race?

Discussion and Reflection:

1. Lead a class discussion about the story, using the following prompts:
 - Why do you think Scooter was feeling nervous about the race?
 - How did Scooter's friends help him feel better?
 - Why is it important to believe in ourselves?
 - Can you think of a time when you felt nervous or scared? How did you overcome it?

- How did Scooter feel after completing the race? How do you think his friends felt?

Conclusion:

1. Summarize the main points of the discussion.
2. Emphasize the importance of believing in oneself and having a positive mindset.
3. Explain that practicing deep breathing techniques, as shown in the story, can help manage stress and anxiety.
4. Remind students to be supportive and encouraging to their friends.

Extension Activity:

1. Distribute small stuffed animals representing the characters in the story, if available.
2. Have students take turns sharing a time when they felt nervous or scared, and how they overcame it.
3. Encourage students to use the stuffed animals as props to act out the story or retell it in their own words.
4. Optional: Have students draw a picture or write a sentence about a time when they believed in themselves and accomplished something.

Note: Please adapt and modify the lesson plan as needed to meet the specific needs and abilities of your students.