



I Can Do It! (🌈 A Social Health Story)
(1st Grade – 6-7 yrs.)
Video: The Power of Yet



STORY CONNECTION: SLIDE 13 (Approx Time: 15-20 mins)

Some of you can ride a bike and some of you cannot yet. Some of you can tie your shoes and some of you cannot yet. Some of you can catch a baseball with a glove and some of you cannot yet. If someone can ride a bike, or tie their shoes or catch a baseball – does that make them better or smarter than someone that cannot do those things yet? Of course not!!! We are all different. Different in the way we look and different in the things that we can and cannot do. It has nothing to do with being better or smarter, it has EVERYTHING to do with if our brain and body have grown up enough for us to do those things. You need to wait until your body and brain grow to be able to do some things. Just give your body and your brain time and you will be able to do all kinds of things you cannot do now. The best thing to do when you cannot do something is try and then ask for help. It is also good if you see someone who cannot do something that you can do, to see if they need help.

Materials needed:

- Sesame Street “Power of Yet” video: <https://youtu.be/XLeUvZvuvAs> (2:41)
- YET template (1 per student-included below) or blank paper
- Pencils, markers, crayons, colored pencils, etc.
- Equipment to play online video

Preparation needed:

- *OPTIONAL:* Create an example of the YET template to share with student(s).
- Determine if student(s) will use the YET template (print) or blank paper.
- Preview the video

Instructions:

1. This activity really focuses on the power of “yet.” There are lots of things that the student(s) cannot do yet because of their age, size, development, etc. However, just because they cannot do them now, does not mean that they cannot do them someday when their bodies and brains are ready.
2. Show the video, <https://youtu.be/XLeUvZvuvAs>, and talk about it when it is over.
Suggested Questions:
 - What are the characters unable to do yet? (sing, write, dance, do math, etc.),
 - What must they have or do right now to be able to do those activities later? (Perseverance and practice)
3. Watch the video again (as desired). Encourage the kids to sing along!
4. The second part of this activity has the student(s) focus on themselves and the idea of YET.

5. Give each student a YET template (or blank piece of paper and write YET).
6. Inside each letter, the student(s) will write or draw things that they cannot do YET.
7. There are two variations to this part of the activity. You can do a combination of both within your group to differentiate for your student(s) if necessary.
 - Variation 1: They can just write or draw things they cannot do YET but hope too someday.
 - Variation 2: Make it more focused by assigning a different topic to each letter of YET.
For example, everything in the Y section must be related to YOU in general, the E section must be related to EDUCATION or school, and the T section must be related to TECHNOLOGY or TOUGH THINGS. Do what is best for your student(s) and your situation. These are just suggestions, and you can do whatever you want for your student(s).
8. In closing, remind student(s) that there are some things we can do that others cannot do yet and vice versa. We should not be discouraged by this. This story has taught us that we must give our body and brain time to be able to do the things it cannot do now. By being patient, having goals, and showing perseverance, the power of yet will be seen through and through.

Activity Idea Credit: <https://www.teachinginroom6.com/2020/10/the-power-of-yet.html>

YET