



Lots of Ways to Learn (🌈 A Cognitive Health Story)
(2nd Grade 7 – 8 yrs.)
Skit: Will You Please Help Me?
Partner or Group Activity

 **STORY CONNECTION – SLIDE 13 (Approx Time: 30-35 mins; can easily be split over multiple days)**

Remember that if you are having trouble learning – there are lots of ways to get help. You can ask other people for ideas on different ways to learn. Your teachers, families and friends may be able to help you. Just remember that people learn in different ways – so what works for them may not work for you. You can get ideas on good ways to learn from others, but it is up to you to figure out the way that your brain likes to learn. When you figure this out, then learning is fun. Your brain likes to think and learn. This is how your brain stays healthy and you stay happy.

Materials needed:

- Asking for Help problem-solving cards (16 included below)

Preparation needed:

- Determine how student(s) will be grouped.
- Determine if scenario will be assigned or randomly drawn
- Determine when student(s) will present their skits (same day/back-to-back/one a day).
- Print scenario cards.

Instructions:

1. This activity will focus on asking for help when learning something new. Sometimes asking for help is hard for student(s) because they want to do it themselves. However, since we all learn differently, sometimes asking for help is the best way to learn how to do something.
2. Start by brainstorming people in student(s)' lives who they can ask for help.
Responses will include parents, grandparents, siblings, teachers, friends, neighbors, classmates, etc.
3. Ask student(s) if everyone learns the same – they should say NO!
4. Explain that since we do not all learn the same way, we might not be able to do things at the same time, speed, or at the same level as others. This is okay! Asking for help when we need it makes our brain happy. Also, giving help when others need it makes our brain happy too.
5. In this activity, student(s) will be given a problem that they need to work out by asking for help.
6. Put student(s) in partners or small groups.
7. Give each group a problem to solve. Give them a few minutes to read the problem and decide how they want to solve it and who they want to ask for help to help them solve it.
8. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.

9. Check in with the groups to make sure they have a plan.
10. Bring the groups back together and explain they now will have more time to create a skit that presents the problem and a way to solve it. They should act out the information on the card as well as the solution. Make sure they include those who they can ask to help them. Remind them of the list they brainstormed of people who can help them.
11. When everyone is ready, have the groups present their skits to the class. After each skit, ask the group if they can think of any additional ways that the problem could be solved by asking for help.
Note: Groups may present back to back or break up presentations as desired.
12. In closing, remind student(s) that if they are having trouble learning or with anything else, they can always ask for help. Since we all learn in different ways, different people can help us with things that might be difficult or tricky for us. Remind them that their brains like to think and learn. Thinking and learning makes their brains happy and healthy.

Asking for Help Problem-Solving Cards

<p>You love school! You always do your work and try your best. Lately you have been getting into a lot of trouble because you are not following all the directions the teacher gives. You do not mean to do this, but it is hard to concentrate when the teacher is giving so many directions at once. What can you do and who can you ask for help?</p>	<p>You love to watch cooking shows after school and help with cooking at home. You would like to be able to cook something for your family to celebrate your mom's birthday next month. Unfortunately, all you can cook on your own is a bowl of cereal. What can you do and who can you ask for help?</p>
<p>Lately, you have noticed that your friend does not seem to be excited about school, especially math. You think this is odd because she is so good at building and creating things at recess. When you ask her about it, she says she does not always understand how to do things the way the teacher says. What can you do and who can you ask for help?</p>	<p>It is really hard for you to sit still for a long time and do your work. Last year in 1st grade, your teacher let you stand up to do your work if you needed to and it worked great. Your teacher this year really wants everyone to stay in their seat and work. What can you do and who can you ask for help?</p>
<p>The art teacher just announced an art contest for all 2nd graders! You have been working on your drawings, but you are not sure they are good enough to enter. Your brother is an excellent artist, but he is busy with sports after school. What can you do and who can you ask for help?</p>	<p>You have been trying to ride your bike without training wheels for years now. You have watched countless videos on it and even read some books, but you still cannot get the hang of it. All the kids on your street seem to be able to do it without any problems. What can you do and who can you ask for help?</p>

<p>You have noticed that you already know everything your teacher is teaching in class each day. Because of this, you find yourself daydreaming and not paying attention and then you get into trouble. What can you do and who can you ask for help?</p>	<p>When you are working with your classmates or playing with friends at home or school, you get very angry at them. You get mad because they do not do things the way you think they should be done. Because of this, they do not want to work with you or play with you. What can you do and who can you ask for help?</p>
<p>You love nature and read books about birds every chance you get. You would love to build a birdhouse, but you are not good at building things. You know your neighbor just built a cool treehouse for his kids. What can you do and who can you ask for help?</p>	<p>You love math! You can solve the problems correctly, but you need to use your fingers sometimes to find the right answer. This takes a long time, and you are usually the last one finished. You want to work faster. What can you do and who can you ask for help?</p>
<p>You really like working on the computer. You do not have one at home, so you do not know a lot about them. One day in the computer lab at school, your computer will not do anything-it is frozen. You panic and do not know what you should do. What can you do and who can you ask for help?</p>	<p>It is after school, and you are working on your math homework. You are moving right along and then suddenly you get to the word problems, and you are stuck. There is no one home to help you and you know you will get in trouble if your homework is not completed. What can you do and who can you ask for help?</p>

<p>You really love to read, and you have been working so hard on it. A lot of other student(s) in your class are reading chapter books and you really want to read them too. Your teacher keeps giving you picture books to read instead. What can you do and who can you ask for help?</p>	<p>PE is one of your favorite things about school. You love every game and activity that the PE coach plans for class. However, your class just started learning how to play volleyball and you are struggling. What can you do and who can you ask for help?</p>
<p>The music teacher just announced that tryouts are coming up for the holiday drama program. You would love to have a part in the play, but you have always been shy in front of people. What can you do and who can you ask for help?</p>	<p>You know you have a wonderful imagination and can think of awesome stories in your head. However, when you try to write them down, they never come out the way they are in your head, and you are frustrated. What can you do and who can you ask for help?</p>