



**Helping You Helps Me Too ( 🧠 A Social Health Story)  
(2<sup>nd</sup> Grade – 7-8 yrs.)  
Skit: Help is on the Way**

 **STORY CONNECTION: SLIDE 16 (Approx Time: 40-45 mins; can easily be split over multiple days)**

Asking for help when we need help and helping others when they need help are both ways that we must make sure that our brain is happy and healthy. It shows that we have empathy and altruism. The neat thing about this is that when we ask for help and when we help others, it is not just us that is making our brain happy and healthy. The brain of the person that is helping us and that we are helping, is also getting happy and healthy. This is what we call a WIN – WIN situation. Everyone is happy and healthy! A world with happy and healthy people in it is a good place to live. You can help to make the world a better place – all you must do is ask for help when you need it and offer help to others when they need it.

**Materials needed:**

- Video clip: <https://vimeo.com/27299211> (2:45)
- Scenarios (included below) printed out and then cut into strips.
  - You can also use your own scenarios if you would prefer.
- Equipment to show online video

**Preparation needed:**

- Determine how student(s) will be partnered/group (There are 10 scenarios.)
  - *NOTE:* If working one-on-one with a student, perform several different scenarios together.

**Instructions:**

1. In this activity, student(s) will learn more about the idea of win-win situations and how great they are because when everyone wins, everyone is happy and healthy. Review this concept with the student(s), as necessary.
2. First, show the video from the link above or [here](#). The video shows two sets of animals on a bridge and the action they take.
3. After showing the video, ask the student(s) the following questions and have them respond out loud:
  - Were the bear and moose thinking win-win?
  - How did that turn out?
  - Were the rabbit and raccoon thinking win-win?
  - How did that turn out?
  - Which animals would you rather be? Why?
4. Now, explain to the student(s) they will have the opportunity to act out different situations.
5. Partner up the student(s).

6. Give each partner group one of the scenarios below. Tell them read the scenario and make sure they understand what it is saying.
7. Explain that they will have an allotted amount of time to plan and practice a skit. Their task is to act out what the scenario is AND add their own suggestion/actions at the end to demonstrate a win-win situation.
8. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
9. Begin the timer and allow student(s) to create!
10. When the time is up or it appears all groups are ready bring the student(s) back together again.
11. Give each group a chance to perform their skit for the class. Before each group starts, read aloud the scenario for the audience.
12. After each skit, ask the other student(s) if they have any additional ideas for turning the scenario into a win-win situation. Remember, they both need to be happy with the results for it to be a win-win.
13. In closing, remind student(s) that asking for help when needed and offering help when needed is only going to produce good results. Both parties end up happy and healthy when they both get what they need. This makes everyone's brain happy and healthy.

Activity Idea Credit: <https://sites.google.com/a/student.lps53.org/7-habits/k-2-win-win-lessons>

1. You and a friend are playing with Legos after school one day. You both need some of the same pieces to complete your projects. What could you do so you can both complete your projects?

2. You and your friend really want to sit on the bus together on the way home. Your parents told you to sit with your little sister who is in kindergarten. What can you and your friend do?

3. You and your friends want to play kickball on the field. Sam and her friends want to play football on the same field. What can you all do so that everyone wins?

4. Your parents said you and your brother can get a pet, but you must agree on one. You want a cat. Your brother wants a bird. What could you do?

5. You and a friend are playing at your house one Saturday afternoon. You really want to watch a movie, but your friend really wants to play Sorry. What could you do to make this a win-win situation?

6. Your teacher is absent today. No one is listening to the substitute teacher. What can you do to make this situation into a win-win situation?

7. You are exhausted and really want to go to sleep, but your sister is watching TV and it is loud. What could you do?

8. Your class just finished an awesome art project and there are supplies and materials everywhere. You and your group have already cleaned up your mess, but the teacher says no one can do to recess until everything is cleaned up. What can you do?

9. You and some friends are playing a game at recess, and you cannot agree on the rules. You notice the new girl in your class sitting by herself. What could you do?

10. Your mom told you and your brother who is in 1<sup>st</sup> grade to have all your homework finished before she arrives home from work. This is a busy night since you both have soccer practice. You are finished with your homework, but your brother has not even started. What could you do to make this a win-win situation?