



Helping You Helps Me Too (🧠 A Social Health Story) (2nd Grade – 7-8 yrs)

This story describes how engaging in altruistic, prosocial behaviors helps everyone's social health.

- 🧠 When you need help, think about how good you feel when someone helps you.
- 🧠 When you help others, think about how good that makes you feel.
- 🧠 Altruistic behaviors help your brain to be healthy and is good for both your social and emotional health (instills empathy for others).

🧠 SLIDE #1 - INTRODUCTION:

Good Morning (Afternoon)!

My name is _____ and I (describe who you are and give your relation to neuroscience – ex. you are a Neuroscientist, you study neuroscience, you have a friend that is a neuroscientist or you have recently been learning a lot about neuroscience).

Neuroscience, that's a really big word! But, a neuroscientist is a person who knows a lot about the brain.

I am here today to talk to you about how you can help to make your brain healthy – feeling good. It is REALLY easy and anyone can do it.

I love to talk about Brain Health because it's SPECTacular!!! SPECTacular means "GREAT". When your brain is SPECTacular, you are a happy and healthy person.

This story is about Social Health – which is the S in SPECTacular. Social Health means you are keeping your brain healthy by being social.

"Being social" means you love yourself and you are nice to yourself.

It also means that you like and are nice to other people.

When you are nice to yourself and others, that makes your brain healthy.

So, let's see how you can keep your brain healthy.

🧠 SLIDE #2 – HELPING YOU HELPS ME TOO

In this story, we will learn how being social involves learning how to get help for yourself and learning how to help others.

In this world, there are going to be lots of times that we will need help from other people.

Learning to ask for help is important, because it is hard to do everything by yourself.

Getting the help that you need is one way that you can love yourself.

There are also going to be times when we will be able to help other people.

Using things that you have learned to help others is a nice thing to do and is good for your Social Health.

You will find that helping other people actually makes you a happier and healthier person too.

SLIDE #3 – EVERYBODY NEEDS A LITTLE HELP SOMETIME

One of the things that you will learn early on is that everybody needs a little help sometime.

QUESTION: Did you ever drop your book bag, only to have all the books fall out? Or, did you ever drop your lunch tray? Or, did you not understand something in your math class?

All of these things can make you feel a little embarrassed – like you want to go somewhere and hide.

But, the best thing that you can do in these circumstances is accept help.

SLIDE #4 – BOOK BAG

Maybe when you dropped your book bag and everything fell out, someone you did not even know stopped to help you pick up your stuff.

Yes, you were embarrassed, but having someone help you made you feel grateful.

The fact that someone else would take the time to help you makes you feel grateful and that makes you, your heart and your brain feel good. That makes your brain healthy.

Plus, the person who helped you will also feel good about themselves – because they stopped to help someone else. This makes their brain healthy too!

SLIDE #5 – LUNCH TRAY

If you dropped your lunch tray and spilled everything all over the floor, you may have actually felt embarrassed and sad.

While you were embarrassed for making a mess, you were actually sad too – because you were hungry and you thought your chances of eating lunch were over.

Then maybe one of the people working in the school cafeteria came out and helped clean up the mess. Then, they told you to go and get another lunch tray.

Having someone help you and then offer a way for you to eat your lunch, really made you feel good. You were definitely grateful for the help. That makes your heart and your brain happy and healthy.

SLIDE #6 – MATH CLASS

In your math class, you were learning multiplication and you really did not understand how to do it. You asked your friends if they understood multiplication.

Luckily, your friends knew a trick to understanding multiplication and shared it with you. It turned out that all you had to do was use addition.

You were so relieved and grateful to your friend for helping you. You actually liked doing addition problems and you were pretty good at them.

So, when you had to multiply 3×6 , you now knew that all you had to do was add $3 + 3 + 3 + 3 + 3 + 3$ and you had your answer.

The fact that your friends took the time to explain the “trick” to understanding multiplication made your heart and your brain happy AND healthy.

SLIDE #7– LOTS OF PEOPLE CAN HELP YOU

You now know that it is ok to need help sometimes and that is also ok to ask for help when you need it.

Getting help from others when you need help makes you feel good. That makes your brain happy and healthy.

You also realized that you can get help from lots of different people - your friends, teachers, parents, and even people you do not know. There is always someone that can help you, you just need to ask.

SLIDE #8 – HELPING IS GOOD FOR EVERYONE

When someone helps you, it makes you feel good. When you help others that also makes you feel good.

Humans do not live in this world alone, so understanding when other people need help is important for our social health.

When you dropped your book bag or your lunch tray, you may not have even needed to ask for help.

Other people saw that you needed help and they came to help you – without you even asking for help.

When the others helped you, it made you feel good and you were grateful. We also know that wanting to help others when they need help also was good for the people helping you. This is good for everyone’s brain health.

SLIDE #9 – EMPATHY

When you see someone and you **know** that there is something wrong and they need help. This means that your brain is developed enough to understand this.

The ability to understand when someone needs help is called **empathy**.

QUESTION: What can you tell me about this picture?

In this picture, you see one child is carrying a box. The child’s face looks like he is struggling, so the box must be heavy.

The other child sees this and understands the child carrying the box needs help. He has empathy because he understands that the child carrying the box needs help.

QUESTION: What can you tell me about this picture?

In this picture, you one child who looks sad. The child’s eyes are closed, she has a frown and her arms are crossed and she is all hunched over.

The other child sees this and understands the child is sad. She has empathy because she understands that the other is sad and she is trying to cheer her up.

SLIDE #10 – EMPATHY & ALTRUISM

The ability to understand when someone needs help is called **empathy**. Helping someone who needs help – whether they ask for help or not is called **altruism**.

In a world where people have to live with other people around, empathy and altruism are very good qualities to have.

Plus, when you recognize that someone needs help and you offer them your help – not only are you exhibiting empathy and altruism, but you are also helping your own brain health.

SLIDE #11 – BASKETBALL

Let's say that you live near a basketball court and you have a brother that plays basketball.

Because of these 2 things, you get to play basketball a lot. That means you practice a lot and you are pretty good at basketball.

Now, let's say that you have a friend who wants to learn how to play basketball. Your friend does not live near a basketball court and they do not have a brother who plays basketball.

QUESTION: What do you do?

SLIDE #12 – EMPATHY AND ALTRUISM

One of the things that you can do is to invite your friend over to your house to learn how to play basketball. Your friend has asked for help. Helping them shows that you care how your friend feels and you want to help them.

You can show your friend how to handle the ball and how to shoot the ball into the basketball hoop.

You can share any “tricks” that your brother taught you with your friend.

You can also tell your friend that practicing is the key to getting good at playing basketball. This way your friend will not feel bad if they are having trouble learning.

By understanding how your friend feels and helping them, you are showing both empathy and altruism. Both of these behaviors will help your brain and your friend's brain to be happy and healthy.

SLIDE #13 – SHARING

When you help other people, this makes you feel good because you are **sharing** your time and your talents with other people.

Sharing with others is something that turns on the “happy place” in our brain.

Sharing is something that even small children know is a good thing to do.

When a little one shares toys with other children, they “see” how happy the other children are and that makes them happy.

So, when you do something to help others, it will make them happy and it will also make you happy.

And we know that a happy brain is a healthy brain.

SLIDE # 14 – EMPATHY & ALTRUISM

The ability to recognize when someone else is in some kind of trouble and needs help, turns on the place in your brain that allows you understand how that person is feeling and makes you **want** to help them.

This means you have empathy because you understand how they are feeling.

You also are showing altruism because you want to help.

You remember that when you dropped your lunch tray that you felt embarrassed and sad.

When someone helped you that made you feel so much better. It made your heart and your brain happy.

The person that helped you, showed empathy and altruism. They recognized that you needed help and saw that you were feeling embarrassed and sad so they helped you.

When they helped you, that made both your brains happy and healthy.

SLIDE # 15 – EMPATHY & ALTRUISM

The ability to understand when someone needs help and wanting to help them, means that the place in your brain that helps you to feel empathy and altruism has grown and is healthy.

This can be helping someone with chores or making a puzzle or helping them to cross the street. In all of these cases you recognize that someone needs help.

When you help someone else, you do so because you want to help the other person feel better. By helping others, you are also helping yourself because both of your hearts and brains will be happy and healthy.

SLIDE #16 – EVERYBODY WINS

So, asking for help when we need help and helping others when they need help are both ways that we have to 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 have to do is ask for help when you need it and offer help to others when they need it.

Who knew that helping to make the world a better place was so easy!!! And, who knew that asking for help and helping others was a way to make our brains healthy!!!

SLIDE #17 – CONCLUSION

Thank you all for letting me talk to you about how helping others helps me too. A world with people who have empathy and have altruism is a good place to live.

I have enjoyed spending time with you today talking about the brain. I hope that you have had some fun and learned something about your brain.

REMEMBER, everyone needs help sometimes and asking for help and helping others is a good way to make everyone's brain happy and healthy – which is good for everyone's social healthy. Helping your brain and other people's brains stay healthy is SPECTacular and an easy thing to do.

THANK YOU SO MUCH FOR ALL OF YOUR HELP!!! Brain Health is not just SPECTacular...it is FUN!!!