



Activities Summary
I Can Handle It... I Got It (🌈 A Social Health Story)
(4th Grade – 9-10 yrs.)



#1-Demonstration: In Over Your Head

- Students learn several strategies to help when they feel in “over their heads.”
- Approx Time: 5-10 mins
- Story Connection: Slide 5



#2-Worksheet: Know Your Support System

- Students brainstorm people in their support system and who they can reach out to for help when they need it.
- Approx Time: 15-20 mins
- Story Connection: Slide 6



#3- Think, Pair, Share: Coping Strategies

- Students focus on various coping strategies in the following areas: active, relaxing, creative, social, and mindset changes
- Approx Time: 20-25 mins
- Story Connection: Slide 10



#4- Video: Take It Easy, Breathe, and Relax

- Students watch short videos to learn techniques for relaxing in tough situations.
- Approx Time: 10-15 mins
- Story Connection: Slide 11



#5- Game: Strengths and Weaknesses

- Students play a game to learn about their strengths and how to turn their weaknesses into strengths.
- Approx Time: 40-45 mins
- Story Connection: Slide 12