



**A Healthy Brain is SPECTacular (🧠 A Cognitive Health Story)
(Kindergarten 5 – 6 yrs.)
Think, Pair, Share: All by Myself**



STORY CONNECTION – SLIDE 5 (Approx Time: 10-15 mins)

How can I make my brain healthy? Let us talk about things that you can do ALL BY YOURSELF. How many of you can eat all by yourself? How many of you can get dressed all by yourself? How many of you can ride a bike all by yourself? If you cannot do these things, do not worry – you can learn. When you do something by yourself – especially something you could not do before – you feel good about yourself. Feeling good about yourself makes your brain healthy. Feeling good about yourself is the **S** in SPECTacular and that stands for **SOCIAL** Health.

Materials needed:

- *All By Myself* by Mercer Mayer- a copy of the book and/or link <https://www.youtube.com/watch?v=86F-da-MLxw&authuser=0> (4:17)
- Equipment to show online videos, if showing link
- I Can...worksheet below or blank paper (1 per student)
- Pencils
- Crayons, markers, colored pencils

Preparation needed:

- Determine how you will share the story *All By Myself*.
 - *Options: Read the book or show video link*
- Determine if you will copy the I Can... worksheet for each student or use blank paper.

Instructions:

1. This activity focuses on the S in SPECTacular which stands for Social Health. The activity will focus on what student(s) can do by themselves or independently.
2. Have all the student(s) sitting in a circle – if you have a group. Otherwise, just have the student sit with you.
3. Start the activity by asking the student(s) to brainstorm the following:
 - a. Think about some things you can do all by yourself.
4. Give them a minute to think about this.
5. Next, have them turn to the person on their right and share some of the things they thought about. Then have them turn to the person on their left and share again. Or, have them tell you if you are working with individual student(s).
6. If you are working with a group, then after student(s) have had an opportunity to talk and share with each other, call on a few student(s) to share their ideas with the group. They can share something they can do by themselves or something one of their partners can do by themselves.

7. Next, read the book *All By Myself* by Mercer Mayer or show the video read aloud from this link: <https://www.youtube.com/watch?v=86F-da-MLxw&authuser=0>
8. After the read aloud, discuss some of the things the character could do that the student(s) can also do.
9. Lastly, give each student a copy of the template below so they can write one thing they can do by themselves and draw a picture to go with it. You can also use plain paper and put the sentence starter up on the board for student(s) to copy. These can be hung up or compiled into a class book for student(s) to read and/or add to throughout the year.
10. In closing, remind student(s) that when they can do something by themselves, it makes them feel good about themselves. Feeling good about themselves makes their brain healthy, which is good for their social health.

Activity Idea Credit: <https://teaching.betterlesson.com/lesson/491064/all-by-myself>

Name _____

I can _____.