



**Talents: Everyone Has Them (🧠 A Cognitive Health Story)
(Kindergarten – 5-6 yrs.)
Craft: Showcasing Your Talents**



STORY CONNECTION – SLIDES 3-4 (Approx Time: 25-30 mins)

Talents are behaviors that you can do – that you are good at doing – and that has something to do with your body and your brain. If you have strong legs, you may be able to kick a ball far. If you have good control over the way you move your hand, coloring a picture might be easy for you to do. Maybe you have good eyes, so you may be good at finding things when they get lost. You may have a good voice, so you may be able to sing well. All of these are talents. There are lots of different talents and people usually have more than one. Some of your talents might be playing sports, playing musical instruments, or being creative.

Materials needed:

- Chart paper/board space
- Markers
- My Talent paper #1 (optional) or plain paper (1 per student)
- Old magazines or books (optional)
- Printed pictures (optional)
- Glue or tape
- Jack's Talent video: <https://www.youtube.com/watch?v=WPbczysHrJq> (6:45)
- Equipment to show online videos
- My Talent paper #2 (optional) or plain paper (1 per student)

Preparation needed:

- Variation #1-Determine and gather materials student(s) will use to create their collage (old magazines, printed pictures from the computer, drawings- use what is available to you and your student(s)).
- Variation

Variation #1 Instructions:

1. This activity gives student(s) the opportunity to think about and showcase their talents. There are two different activities to choose from.
2. For the first activity, brainstorm talents that the student(s) have and write them on board or on chart paper.
3. After everyone has had a chance to share their ideas, remind student(s) that everyone has their own unique talents. Talents can be simple things like being a good listener and being kind to others. It does not always have to be something that you do physically.
4. Explain to student(s) that they are going to be creating a collage of their talents.
5. Ask student(s) the following questions. Have a few student(s) share responses.
 - a. What is a collage?
 - b. How can we make a collage/What materials should we use?

6. Explain to student(s) that they can use the provided materials to find pictures, images, and words that represent their talents.
7. Student(s) will cut/glue and/or draw pictures on their collage paper that showcase their talents. Give student(s) enough time to complete their collage. You can use the My Talent sheet below or plain paper.
8. After everyone is finished, have the student(s) bring their collages to the circle or group and ask for volunteers to share some of their special talents.
9. In closing, remind student(s) that everyone is different and has different talents. However, everyone has talents, and it is important to know what they are so you can do things you enjoy and share your gifts with others. This makes everyone's bodies and brains happy.

Activity Idea Credit: <https://www.education.com/download/lesson-plan/special-talents/special-talents.pdf>

Variation #2 Instructions:

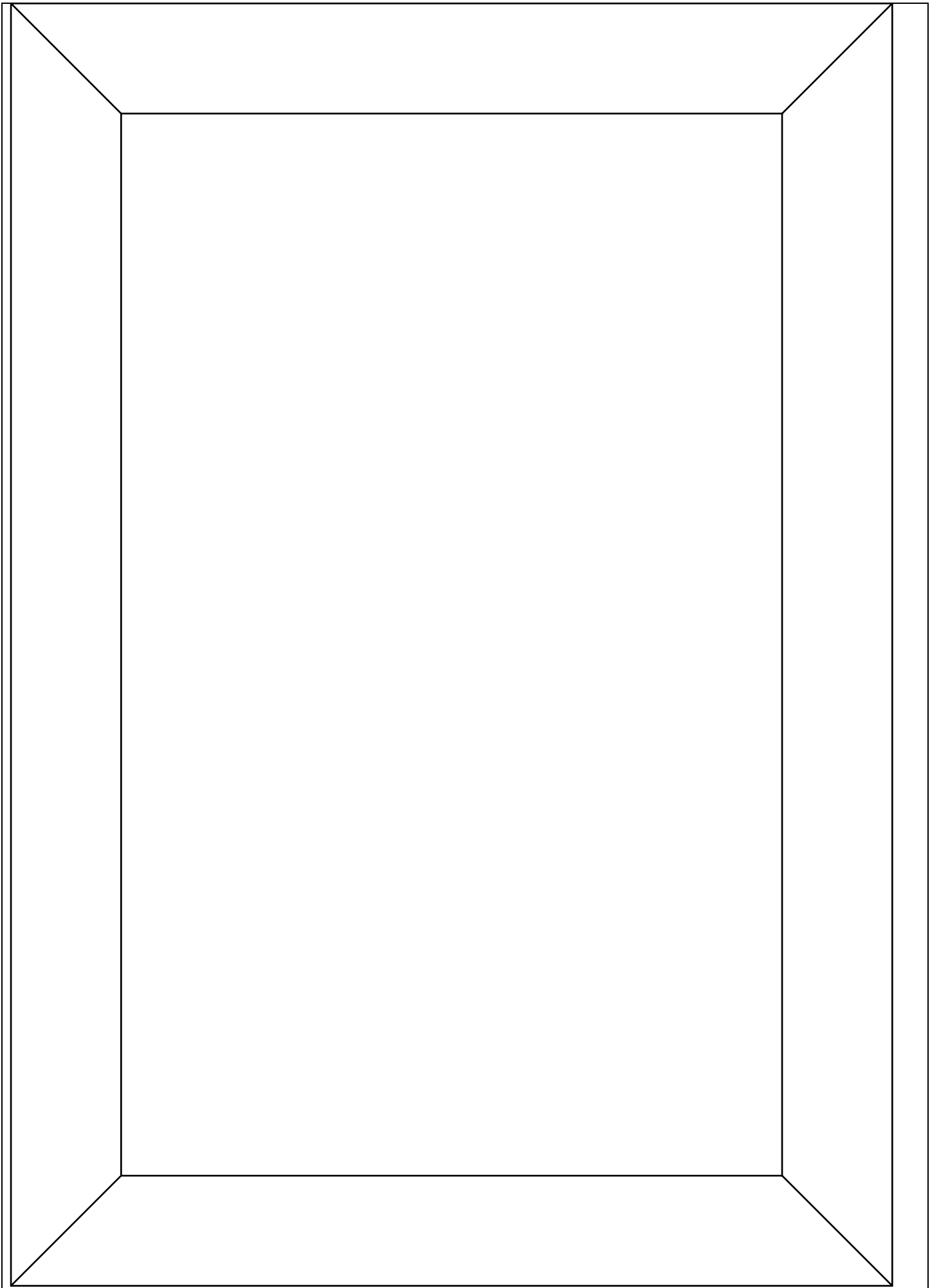
1. For the second activity, watch the video of the book Jack's Talent using this link:
<https://www.youtube.com/watch?v=WPbczysHrJg>
2. You can watch the video in its entirety or stop and discuss as you go. You might want to go through the story and review each character's talent.
3. After the story, have the student(s) brainstorm some of their talents and write them on the board or on chart paper. This will be used as an anchor chart for the craftivity they will be completing.
4. Pass out the My Talent paper or plain paper to the student(s). Their name will go on the line at the top of the page.
5. Student(s) will draw a picture of themselves doing their talent and complete the two sentence frames at the bottom of the page.
6. After everyone is finished, have the student(s) bring their papers to the circle or group and ask for volunteers to share their special talent.
7. In closing, remind student(s) that everyone is different and has different talents. However, everyone has talents, and it is important to know what they are so you can do things you enjoy and share your gifts with others. This makes everyone's bodies and brains happy.

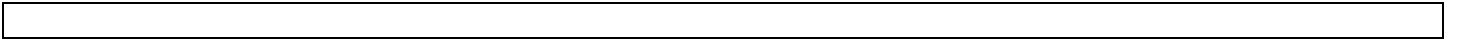
My Talents #1

Name _____

My Talents

Cut out or draw pictures that show some of your special talents. Make a collage to show your special talents.





_____ 's Talent

A large rectangular frame with a smaller inner rectangle. Diagonal lines connect the corners of the inner rectangle to the corners of the outer rectangle, creating a 3D effect of a shallow box. The interior of the inner rectangle is blank, intended for writing.

I am _____.

I am good at _____.