



**Talents: Everyone Has Them (🧠 A Cognitive Health Story)
(Kindergarten – 5-6 yrs.)
Video: Practice Makes...Better**



STORY CONNECTION – SLIDE 12 (Approx Time: 10-15 mins)

When you find something that you like doing, you must remember that sometimes it takes a little practice to get good at something. You may like to throw balls, but you may find that you are not particularly good at it at first. You may find that if you practice throwing a ball repeatedly, then you will become good at it. If you had stopped practicing throwing a ball, you may never have known that throwing a ball is one of your talents and that it is fun.

Materials needed:

- Jump ropes (optional)
- Jump Rope video link: https://www.youtube.com/watch?v=JLC_T1jQ5Lk (9:51)
- Practice video link: <https://www.youtube.com/watch?v=hRIqN1auJAE> (0:51)
- Equipment to show online videos

Preparation needed:

- Preview videos

Instructions:

1. In this activity, student(s) will be reminded with a video and a song that practice is very important. We might find something that we really enjoy doing, but we might not be particularly good at it at first. If we practice, we will probably get better. I like to use the saying “practice makes better” instead of “practice makes perfect.” Doing anything perfectly is an unrealistic expectation. We might not be perfect with practice, but we will be better.
2. If possible, before showing the video have student(s) practice jumping rope. Let them do this for a minute or so and ask them to try to keep track of how many times they jumped. Talk about how it felt while they were doing it. Hard? Easy? Tiring? Frustrating? Challenging? Fun?
3. If jumping rope is not possible, ask if anyone has ever jumped rope before and ask the same question about their thoughts and feelings about it. Hard? Easy? Tiring? Frustrating? Challenging? Fun?
4. Tell the student(s) they are going to watch a video about a girl whose talent is jumping rope. Ask what they might expect to see her doing in the video. Have student(s) respond.
5. Show the video until the **4:15** mark. This is where I think there is enough for kindergarten, however, feel free to modify this based on your student(s).
6. After watching the video, ask the student(s) the following questions. Have them respond.
 - a. What really stood out to you about Tori Boggs?
 - b. Can you relate to anything she said or did?
7. Next, bring the discussion to practice. Ask student(s) and have them respond.
 - a. Could Tori be a successful jump roper without practice? No, she could not.
8. Ask student(s) and have them respond.
 - a. What are some of the things you must practice?

Potential answers: schoolwork, soccer moves, being nice to siblings, throwing baseballs, dance routines, piano, etc.

b. What happens when you practice?

You get better!!!

9. Lastly, show this video clip about practice: <https://www.youtube.com/watch?v=hRIgN1auJAE>

10. In closing, remind student(s) that when they find something they enjoy doing, practice will help them get better and better at it. When they are good at something they enjoy doing, this is going to make them happy, which is good for their brain health.