



**Talents: Everyone Has Them (🧠 A Cognitive Health Story)
(Kindergarten – 5-6 yrs.)
Think, Pair, Share: Trying New Things**



STORY CONNECTION – SLIDES 13-14 (Approx Time: 5-10 mins with follow up check ins)

Now that you know about what talents are and that everyone has talents, the fun thing is to find out more about what you are good at and what you are not so good at. At school, you are asked to do different things. Some things, like math, you may find that you really like, and you are good at it. You may find that writing words is hard for you. The thing to remember is that just because something is hard at first, this does not mean that you cannot do it. If you find something is hard for you, you need to be able to ask for help and practice doing it. If you are having trouble with schoolwork, your teachers, classmates, or family may be able to help you. Learning what is hard for you to do is just as important as learning what is easy. Remember, when you find something that is hard to do – like throwing a ball – you may just need practice.

Materials needed:

- Finding Your Talent video link: <https://www.youtube.com/watch?v=zRjWArUBJJg> (2:33)
- Equipment to show online video
- Try Something New chart (included below) or plain paper (1 per student)
- Stickers or marker

Preparation needed:

- Preview video
- *OPTIONAL: a list of activities they could try over the week to get their brains thinking*

Instructions:

1. This activity focuses on trying new things to discover what student(s) are good at doing so they can practice these things, get better, enjoy their talents, and share them with others.
2. Begin by asking student(s) the following question and have student(s) respond.
 - a. How do you know you are good at something or have a talent for it?
Answers will vary but hopefully, they will say that they tried something and liked it, so they decided to stick with it.
3. Explain that sometimes it is hard to figure out their talents if they are not willing to try new things.
4. Show the Hip Hop Harry video about finding your talents.
<https://www.youtube.com/watch?v=zRjWArUBJJg>
5. After the video is over, give student(s) a minute to think about the video and think about THE most important thing they learned from the video.
6. Next, pair up the student(s) and have them discuss with their partner what they thought was THE most important part of the video.
7. Come together and share ideas as a class. Student(s) might say sometimes it is hard to find a talent, to find something they are good at doing, look for their gifts, practice, take care of their gifts (practice), etc.

8. The next part of this activity will give student(s) the opportunity to try new things and keep track of what they did with hopes they might find something they really like that might evolve into a talent.
9. Explain to the student(s) that they are going to get (or make) a chart that has columns on it for each day of the week. Every time they try something new; they are going to put a sticker or draw a picture and write what they tried.
10. In the days/weeks after this lesson, give student(s) the opportunity to share their new ventures with the class to see if anyone has found any hidden talents by trying new things.
11. In closing, remind student(s) that by trying new things, doing things they like, and by practicing their talents that they might be hidden can be found. Doing things they like and are good at doing will make them and their brain happy.

Activity Idea Credit: <https://mybigworld.scholastic.com/issues/2021-22/090221/lesson-plan.html>

Try Something New

Name _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday