



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



STORY CONNECTION – SLIDE 15 (Approx Time: 15-20 mins)

When you do find something that you have a talent for doing – your gift, you should find a way to use your talent and share it with others. When you share your talent with others, that will make you and them happy. Sharing your talents will also help to make your brain healthy.

Materials needed:

- None

Preparation needed:

- Locate and secure a space that meets the needs depending on the size of your group

Variation #1 Instructions:

1. In this activity, students will have the opportunity to share their talents with the group by physically acting them out.
2. Have the students stand in a large circle indoors or outdoors. It is probably best to have an adult be “it” first.
3. The first person will stand in the middle of the circle and act out their talent. For example, if the talent is art, the person might act like they are holding a palette and painting on a canvas. If the talent is gymnastics, they might perform a bit of a routine. You can have the students be silent or talk when performing.
4. After the person acts out their talent, anyone else with that talent will take a couple of steps into the circle with the person who just performed the action.
5. Make note of all the people with this talent and say something like “Wow! Look at all the people in our class who are good at art! Next time you need help with a drawing, or something related to art, look at all the people you can ask to share their talent with you and help you. That is great!”
6. Have another student step into the circle and proceed with steps 3-5. Continue until everyone has had a chance to be in the circle.
7. In closing, remind students that when they find something they have a talent or gift for doing, they should find a way to share it with others. This will make everyone happy, and it will make their brain happy and healthy!

Variation #2 Instructions:

1. In this activity, students will have the opportunity to share their talents with the group by moving around a circle and sharing their talents.

2. Have the students stand in two circles, one within the other. Students will be facing one another in the two circles. See diagram below. The outside circle is A, and the inside circle is B.
3. Explain to the students that they are going to be sharing their talents with others as they move around the circle.
4. Give students a minute to think about the following categories: home, school, anything else. You might want to display these words where everyone can see them.
5. Students are going to think of a talent they have that involves each of those places. For example, home could be playing the piano, school could be writing, and anything else could be riding dirt bikes.
6. Once students have an idea of their talents, they are going to share them with the person they are facing-circle A student facing circle B student and both will share their talents.
7. Next, after both partners have shared, the students in the outside circle, A, will rotate to the next person. The student in circle B will not move.
8. Once they have rotated, they will share with this person. This will continue until all or most of the students have had a chance to partner with the others.
9. In closing, remind students that when they find something they have a talent or gift for doing, they should find a way to share it with others. This will make everyone happy, and it will make their brain happy and healthy!

Circle Diagram:

