



I Have an Idea (🧠 A Cognitive Health Story)
(PreK – 4-5 yrs.)
Physical Activity: Do the Right Thing



STORY CONNECTION-SLIDES 16 (Approx Time: 10-15 mins)

When it comes to ideas, some ideas that you get are good ideas, some ideas are not such good ideas. You need to use what you know to make good decisions about what you should do. This is how thinking and coming up with ideas can help us to stay alive.

Materials needed:

- Space for student(s) to move to two different areas

Preparation needed:

- Determine and secure the best location for your student(s)
- Determine which ideas to use or create your own.
- Have list readily available

Instructions:

1. In this activity, student(s) will hear an idea, decide if it is a good idea or a bad idea, and move to the designated area based on their opinion. You can use the suggestions below or use your own based on your student(s) and your situation.
2. Tell student(s) that some ideas are better than others. Some are good ideas and others are bad ideas. Have one side of the room or space designated as “A Good Idea” and the other side of the room or space designated as “A Bad Idea.”
3. Explain that you will read an idea and have student(s) move to that area to show if they think it is a good or bad idea.
4. Once student(s) have decided, they will move to that side of the room or space.
For example, I read “jumping on your bed.” I think that jumping on the bed is really fun, but I know that I could easily fall off or even jump so high I hit my head. Although I really like to jump, it is dangerous for my body, so it is a bad idea. I would move to this side of the room (physically move there for student(s) to see). Since it is a bad idea to jump on my bed, it might be better to jump outside on my trampoline.”
5. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
6. Begin by reading the first idea out loud, allow student(s) an allotted time to think and move.
7. Discuss as a group why it is a good idea or a bad idea. If it is a bad idea, talk about how it could be turned into a good idea.
8. Repeat as many times as desired.

Good Idea vs. Bad Idea

- a. Sharing toys
- b. Telling your teacher something that is not true
- c. Tattling on your brother or sister
- d. Reporting something that is unsafe
- e. Trying to pick up a snake in your backyard
- f. Helping with the dishes after dinner
- g. Making your bed
- h. Riding your bike without a helmet
- i. Not brushing your teeth before school
- j. Helping your friend with their work
- k. Walking through the woods with no shoes on
- l. Staying up too late
- m. Being nice to your friends
- n. Telling the truth