



**Me and You (🌍 A Social Health Story)  
(PreK – 4-5 yrs.)  
Song: Friends Are More Precious Than Gold**

 **STORY CONNECTION-SLIDE 4 (Approx Time: 10-15 mins)**

You and I are 2 different people. I am not you and you are not me. It is good that we are 2 different people. I can like you and you can like me – we can be friends. Having a friend is good for your Social Health, which is good for your brain. It is good for your brain because a friend can help you and you can help them. That makes you both feel good.

**Materials needed:**

- Link to song: <https://www.youtube.com/watch?v=gyTdVFfa-Fws> (3:30)
- Mirror portraits from the mirror experiment
- Markers
- Equipment to show online videos
- Chart paper or board space

**Preparation needed:**

- Determine at which points you will stop the song (2<sup>nd</sup> time) to discuss key components
  - Suggestions: new/old friends, friendship is like a never-ending circle, friendship warms the heart like a fire, friendship is precious like silver and gold, friends lend a helping hand to each other, etc.
- Create a short list of questions to ask student(s) about these concepts you select.
- For step #8 (optional), your student(s) should complete #1-Craft One and Only You activity from this story.

**Instructions:**

1. Start with brainstorming qualities or characteristics that make someone a good friend. Ask student(s) this question to think about:
  - a. What makes someone a good friend?
2. After time to think, have student(s) respond out loud.
3. As they answer, create a list on the board or chart paper of their responses.
4. Explain to student(s) that they will now hear a song about friendship. When the song is played this first time, their job is to listen to the words.
5. Play the song for student(s). <https://www.youtube.com/watch?v=gyTdVFfa-Fws>
6. Once the song has played all the way through one time, encourage the children to sing along as they are comfortable.
7. Play the song again. This time stopping at pre-determined points to discuss key components.

8. Listen again and have everyone sing along.
9. *OPTIONAL*: For the second part of this activity, put up one student's mirror portrait. Have other members of the group say things about this person that are positive qualities or things that make them a good friend and you or another adult will write them in the space around the mirror. Hang these up in the room.
10. Remind all student(s) that everyone is different, special, and is a good friend in many ways.