



You and Me (🌍 A Social Health Story)
(PreK – 4-5 yrs.)
Physical: How Would You Feel?



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

It is good for you to understand that people do not have to be like you, feel like you or think like you all the time. It is ok for other people to be different. Different people may do things for different reasons, and that is ok. If your friends or family do things and you do not understand why, it is ok to ask them. That way you can understand why they do things that you may not do. People are all the same and different. The more we talk to each other and understand each other, the more we can all get along and be nice to each other.

Materials needed:

- List of scenarios

Preparation needed:

- Determine which and how many scenarios you will use (12 listed below or create your own)

Instructions:

1. In this activity, student(s) will react physically to a variety of scenarios.
2. Have the student(s) in a large circle or spread out so they have room to move around but in their own space.
3. Explain to student(s) that you will read different scenarios asking student(s) about how they would feel in various situations.
4. Student(s) will react with some sort of physical movement that reflects their emotions.
5. Demonstrate for student(s) by reading a scenario and talking through each step.
For example: *How would you feel if you left your favorite stuffed animal at the park?*
"I love my stuffed animal. I sleep with it every night. It would make me feel sad that I do not have it with me. When I feel sad, my body wants to slump over (lower your head and shoulders), my mouth frowns (stick your bottom lip out), and my eyes feel heavy (close them like you might cry). When my body looks like this, you know I am feeling sad."
6. Ask student(s) for ways their bodies might show other emotions. Have them share out.
For example:
Happiness/Excitement- shown by jumping up and down
Fear- shown by shoulders scrunched up, eyebrows up, and turning away from something
Surprise- shown by hands up over the mouth and eyebrows up.
7. Remind student(s) that these are examples of gestures, they can show these emotions however they think is best! Also remind student(s) that the way they feel about a situation might be different than their neighbor and that is okay!

8. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
9. Begin by reading the scenarios. You should also react to the first few to model for the student(s). Give student(s) time to respond physically.
10. Ask student(s) to look around the room to see how others respond before moving on.
11. In closing, talk about how everyone did not have the same reactions and feelings about the scenarios and that is okay. Pick a few student(s) who had different reactions to the scenarios to share their thoughts and ideas with the group. For example, one person might be happy that their best friend got a new bike and another person might be jealous.

Scenarios:

- a. How would you feel if you found out you got to take three friends to the zoo with you for your birthday?
- b. How would you feel if you found out your best friend was moving away?
- c. How would you feel if you were getting ready for school and could not find your shoes?
- d. How would you feel if you had to cancel a picnic with your family because it was raining?
- e. How would you feel if your best friend got a new bike?
- f. How would you feel if you found out your grandparents were coming for a visit?
- g. How would you feel if you thought you were lost at the grocery store?
- h. How would you feel if you were on the playground and had no one to play jump rope with you?
- i. How would you feel if your teacher said you could have ice cream for lunch?
- j. How would you feel if your cousin who lives far away showed up at your classroom?
- k. How would you feel if your friend won a prize, and you did not?
- l. How would you feel if you were arguing with your sibling and hurt her/his feelings?