



Activities Summary
Me and You (🌍 A Social Health Story)
(PreK – 4-5 yrs.)



#1-Craft: One and Only You

- Students create a person from a template who looks like they do.
- Approx Time: 20-25 mins
- Story Connection: Slide 2



#2-Experiment: Mirror Mirror

- Students explore using mirrors and draw a self-portrait on a mirror template.
- Approx Time: 15-20 mins
- Story Connection: Slide 3



#3-Song: Friends are More Precious Than Gold

- Students sing a song that reinforces the concept of friendship.
- Approx Time: 10-15 mins
- Story Connection: Slide 4



#4-Game: That's Me Too!

- Students share facts about themselves to see how classmates are the same and different.
- Approx Time: 10-15 mins
- Story Connection: Slides 5-14
- Group Activity



#5-Physical Activity: How Would You Feel?

- Students react with movement to a variety of feeling scenarios.
- Approx Time: 10-15 mins
- Story Connection: Slide 15