



Me and You (🌍 A Social Story) (Pre-K – 4-5 yrs)

Self-awareness, awareness of others, and empathy are important concepts necessary for the development of social behaviors. In this story, children learn that there are similarities and differences in what people see, think and feel.

- 🌍 Children at this age alter their perspective from one that is egocentric to understanding that others are important too.
- 🌍 Understanding that others can be similar and also different in the way that they look and think is important to understanding the motivation behind behaviors of themselves and others.
- 🌍 Being able to “see” from another’s perspective helps children to feel empathy for others.

♥SLIDE #1 - INTRODUCTION:

Good Morning (Afternoon)!

My name is _____ and I (describe who you are and give your relation to neuroscience – ex. you are a Neuroscientist, you study neuroscience, you have a friend that is a neuroscientist or you have recently been learning a lot about neuroscience).

Neuroscience, that’s a really big word! But, a neuroscientist is a person who knows a lot about the brain.

I am here today to talk to you about how you can help to make your brain healthy – feeling good. It is REALLY easy and anyone can do it.

I love to talk about Brain Health because it’s SPECTacular!!! SPECTacular means “GREAT”. When your brain is SPECTacular, you are a happy and healthy person.

This story is about Social Health – which is the S in SPECTacular. Social Health means you are keeping your brain healthy by being social.

“Being social” means you love yourself and you are nice to yourself.

It also means that you like and are nice to other people.

When you are nice to yourself and others, that makes your brain healthy.

So, let’s see how you can keep your brain healthy.

♥SLIDE #2 – ME AND YOU

This is a story about me and you. Me and you are people.

There are lots of people in this world. It is important to understand that people can be both the same and different, but they are still people.

♥SLIDE #3 – MIRRORS

When I look in a mirror, I see myself.

QUESTION: Who do you see when you look in a mirror – me or you?

We see ourselves when we look in the mirror and other people see themselves when they look in the mirror.

That is because we are different people. I am me and you are you.

When some animals look in a mirror, they do not think they are looking at themselves. They think they are looking at another animal.

This is one way that people are different than other animals.

♥SLIDE #4 – FRIENDS

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.

♥SLIDE #5 – SAME

Sometimes, you and me can look the same.

QUESTION: What is the same about these 2 children?

That is right...they are both wearing the same hat.

When it is cold outside, we both wear hats. We both know that wearing a hat will keep our head and our ears warm.

These 2 children look the same because they are wearing the same hat.

♥SLIDE #6 – DIFFERENT

Sometimes, we can look the different.

QUESTION: What is the different about these 2 children?

That's right...they are both wearing different hats.

There are lots of different kinds of hats and your hat may be different than my hat, so even though we are both wearing hats – we look different.

♥SLIDE #7 – SAME

It does not matter if we look the same or different, we are both people.

There are lots of ways that people can look the SAME.

They can wear the same clothes, have the same color skin, same hair color or same eye color.

♥SLIDE #8 – DIFFERENT

There are lots of ways that people can look the DIFFERENT.

They can wear different clothes, or have different color skin, different hair color or different eye color.

But, we now know that even if me and you look the same or different, we are both people.

♥SLIDE #9 – SAME

Sometimes, me and you can **like** the same things.

QUESTION: How many of you like ice cream? Raise your hand if you like ice cream.

Looks like lots of people like ice cream. So, we can all like the same thing – ice cream.

♥SLIDE #10 – DIFFERENT

Sometimes we like different things.

QUESTION: How many of you like vanilla ice cream? Raise your hand. Ok...How many of you like chocolate ice cream? Raise your hand.

See, even though we all like ice cream – it is ok to like different kinds of ice cream.

♥SLIDE #11 – DIFFERENT IS OK

You and your friend do not have to look the same all the time, or like the same things all the time.

You just need to understand that it is ok to look and think differently.

♥SLIDE #12 – DIFFERENT IS OK

Something that you may think is fun, might make your friend scared.

You may LOVE going down a slide at a park, but your friend may be afraid of going down a slide.

That's ok. You have to understand that you and your friend are different and it's ok to be afraid of some things.

Maybe when your friend was little, they fell off of a slide – that is why they are afraid of going down a slide.

You should ask your friend why they do not like slides, so you can understand.

You have to understand that is ok that you and your friend to think different things about slides.

You may love slides and your friend may be afraid of slides. Just remember that it is ok to think different things.

♥SLIDE #13 – DIFFERENT IS OK

You may be afraid of BIG dogs, but your friend loves them.

That's ok. It may be that a big dog growled or even bit you when you were little – that is why you are afraid of big dogs.

If you tell your friend why you do not like big dogs, they will understand and it will be ok.

Just like you are ok with your friend liking big dogs, as long as you do not have to play with them.

♥SLIDE #14 – LOTS OF THE SAME AND DIFFERENT PEOPLE

In this world there are lots of people.

People can be the same in the way they look, feel or what they like.

People can also be different in the way they look, feel or what they like.

It's good that there are people that are the same and different – just like me and you.

♥SLIDE #15 – UNDERSTANDING

It is also 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.

Say there was only one cookie left on a plate and your friend went over and grabbed the cookie and ate it.

That might make you feel sad or angry because your friend did not share the cookie. Rather than just be sad or angry, you can ask your friend why they did not share the cookie.

It may be that your friend did not have any lunch and they were hungry. Or, it may be that your friend did not even think about it. Either way, talking to your friend is important so you can understand.

People are all the same and different. The more we talk to each and understand each other, the more we can all get along and be nice to each other.

♥SLIDE #16 – SAME AND DIFFERENT IS OK

There are LOTS of people in the world.

Learning about how other people are the same and different and knowing that we are all people is important.

Sometimes people look, think or feel the same and sometimes people look, think or feel different.

That is ok because people like me and you are all still people.

Understanding that people can be the same and different will help you to be a better person.

Learning how to talk to people when you do not understand why they do something – will also help you to be a better person.

And, we know that being a better person will make your brain healthy.

♥SLIDE #17– CONCLUSION

Thank you all for letting me talk to you about me and you and how understanding that people can both the same and different will help you be a better person.

I have enjoyed spending time with you today talking about the brain. I hope that you have had some fun and learned something about your brain.

REMEMBER, people can be both the same and different in the way that they look, think and feel. Understanding that will help your brain stay healthy and we all know that is SPECTacular.

THANK YOU SO MUCH FOR ALL OF YOUR HELP!!! Brain Health is not just SPECTacular...it is FUN!!!