

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Lean on Me (🧠 A Social Health Story) (3rd Grade – 8-9 yrs.)

Think, Pair, Share: What Makes a Good Friend?



STORY CONNECTION – SLIDE 9 (Approx Time: 15-20 mins)

When we started interacting with other people who were closer to our own age, we found that it was a lot of fun. Younger family members (sisters, brothers, cousins) and friends from the neighborhood, or daycare - became part of our support system. These were people who liked to do the same things that we liked to do. They liked running around, playing games, doing crafts, and pretending. Being around friends was not only fun, but it also helped us to learn about the world from a different point of view.

Materials needed:

- Scenarios (7-included below)
- Chart paper or whiteboard
- Markers

Preparation needed:

- Determine a “best friend duo” student(s) are familiar with to use as an example
- Determine how many copies of scenarios are needed
 - Make multiple copies so more than one student has the same scenario.
 - They will pair/group up based on the scenario they read.
 - Option: You can also make up your own scenarios that are relevant to your student(s) or situation.

Instructions:

1. In this activity, student(s) will read various scenarios and decide if the characters are good friends or bad friends. At this age, friendships are becoming more important in the student(s)' social lives. It is important to recognize positive and negative behaviors to maintain a healthy social/emotional state.
2. Begin the activity by talking about a best friend duo that the student(s) are familiar with. This duo could be from a tv show, book, movie, etc.
3. Brainstorm a list of what they do that demonstrates that they are best friends and care about each other. Answers will vary depending on the friend characters that are chosen. Remind student(s) that these examples and qualities show these two have a good friendship.
4. Next, explain that they are each going to get a scenario involving a friendship situation. They are going to read it independently and think about if it shows someone being a good or a bad friend.

5. Pass out the scenarios and give student(s) a few minutes to read and think about them.
6. When all student(s) have had the opportunity to read and think about their scenario, have them partner up with the other person/people with that same scenario (or with the facilitator if you are working with individual students). Give them a few minutes to discuss their thoughts and produce a good friend/bad friend decision. Make sure they know they will have to give specific evidence from the text to support their reasoning.
7. If you are working with multiple students, then have each group read their scenario aloud and share their decision and reasons why based on the text. Allow other student(s) to add input as each scenario is discussed.
8. In closing, remind student(s) that friendships are important and that having good friends they can count on in their support system is important for their Social Health. When friendships are not working, another person in their support system might be able to help.

Activity Idea/Scenario Credit: <https://www.education.ne.gov/nce/careerdevelopment/lesson-plans//?ndepdf=1&id=1527711138ipsv1&type=lessonplan&pdfnonce=151fddfa2c>

Friendship Scenarios

Scenario 1: Two student(s) are eating together at lunch and are chatting. A new student is walking around the cafeteria and does not know where to sit because she does not know anyone yet. The two friends invite the new student to sit with them.

Scenario 2: Two friends are sitting next to each other while taking a test. One of the friends whispers to the other, asking his friend for the answer to a question. The friend with the answers to the test is not sure how to respond because he does not want to hurt his friend's feelings or ruin their friendship, but he knows it is wrong to cheat.

Scenario 3: A boy is playing baseball with his friends. He is at bat, and the pitcher strikes him out. One of his friends who is playing on the opposite team starts teasing him, saying he stinks at baseball.

Scenario 4: A girl is practicing gymnastics with a friend of hers. She is having a lot of trouble mastering a back handspring. Her friend helps her by walking through the move, step by step, and spotting her as she tries it again and again.

Scenario 5: A group of friends are playing tag at recess. One boy has been "it" for a long time and is having trouble tagging another child. His friend approaches and allows him to tag her so that he can have a break from being "it."

Scenario 6: A girl is excited to wear her new dress to school. When she arrives, she realizes another girl in her class is wearing the same dress. She is a little disappointed to not be the only person wearing the dress, but she compliments the other girl on her style and says that they can be twins for the day.

Scenario 7: Two boys are playing a math game where they need to race to see who can answer multiplication facts first. One boy is clearly doing a better job and is winning the game. He begins to tease his friend by saying that he is not as smart, and he needs to go home and practice before he can play the game again with him.