



Activities Summary
Lean On Me (🌈 A Social Health Story)
(3rd Grade – 8 - 9 yrs.)



#1-Demonstration: Better Together

- Students experience how working together is beneficial to animals and people.
- Approx Time: 10-15 mins
- Story Connection: Slide 3
- Group Activity



#2-Drawing: Growing Your Support System

- Students draw and label a flower that represents those in their support systems.
- Approx Time: 15-20 mins
- Story Connection: Slide 5



#3-Think, Pair, Share: What Makes a Good Friend?

- Students read various friendship scenarios and decide if they depict good or bad friends.
- Approx Time: 15-20 mins
- Story Connection: Slide 9



#4-Physical Activity: Trust is a Two-Way Street

- Students act as guide and follower in this trust walk activity.
- Approx Time: 20-25 mins
- Story Connection: Slides 14-15



#5-Would You Rather: Quality Versus Quantity

- Students must decide between quality and quantity and justify their reasoning.
- Approx Time: 10-15 mins
- Story Connection: Slide 16