



**It's a SPECTacular Jungle Out There (🌍 A Brain Health Story)**  
**(4<sup>th</sup> Grade – 9 - 10 yrs.)**  
**Drawing: Stand Tall**



**STORY CONNECTION – SLIDE 7 (Approx Time: 25-30 mins)**

Before we can be part of a social structure – part of a group with our friends – we first need to have a good sense of who we are – our sense of self. We then need to be comfortable with ourselves – both our strengths and weaknesses – and we need to be nice to ourselves. If you are having a tough time making friends, remember that it is easier to find other people who will want to be with you when you are comfortable with yourself, when you know the kinds of things you like to do and when you know what you can and cannot do.

**Materials needed:**

- Self-Reflection Note-Taking guide (included below) or paper
- Pencils
- Drawing paper
- Art supplies such as crayons, markers, colored pencils, paints, etc.

**Preparation needed:**

- Print Self-Reflection Note-Taking Guide (1 per student)
  - NOTE: The sheet below is just a sampling of ideas to use for student(s) to self-reflect. A much more complete list is included [here](https://destinysodyssey.com/wp-content/uploads/2011/08/Self-Awareness-Workshop.pdf). (<https://destinysodyssey.com/wp-content/uploads/2011/08/Self-Awareness-Workshop.pdf>)  
The items below came from this site.
- Display images of trees for student(s) to use as an example.
  - You can find images of trees online to have for student(s) or leave the tree itself to their imagination.
  - Each tree should have three main components: roots, a trunk, and limbs.
  - Three sample trees are included below for ideas on how to draw the trees.
- Optional: Create an example to share with student(s)

**Instructions:**

1. This activity focuses on the social aspect of Brain Health. In this activity, student(s) will self-reflect on who they are and what is important to them. They will then create a drawing of a tree that represents these characteristics.
2. Explain to student(s) that they will complete the Self-Reflection Note-Taking Guide.
  - Assure them that this is for them, and they are not going to be graded or judged by their responses.
  - This activity is to help them better understand themselves.

- Once the student(s) have had a chance to reflect on themselves, they are going to use this information to create a drawing of a tree.
3. Next, explain to the student(s) how the information they reflected on will help them draw their tree.
    - The **roots** will represent the things that people cannot see about them but are there and keep them firmly planted. These should be drawn and labeled.
    - The **trunk** will represent the things that keep them strong such as their values, principles, people they look up to/admire, etc. These should be drawn and labeled.
    - The **limbs** will represent what the world sees when they see the student. This might include both positive and negative characteristics depending on the student. These should be drawn and labeled.
  4. Give student(s) an allotted amount of time to draw and label their tree.
  5. When time is over or all student(s) have completed their drawings, student(s) may share the trees if they would like too.

*\*\*NOTE: These self-reflection trees might be very personal, and student(s) might not feel comfortable sharing them with the class.\*\**
  6. In closing, review with student(s) that before we can be part of a social structure – part of a group with our friends – we first need to have a good sense of who we are – our sense of self. We then need to be comfortable with ourselves – both our strengths and weaknesses – and we need to be nice to ourselves. Doing these things are good for our Social Health and good Social Health makes our brain SPECTacular!

Reflecting Ideas Credit: <https://destinysodyssey.com/wp-content/uploads/2011/08/Self-Awareness-Workshop.pdf>

## Self-Reflection Note-Taking Guide

What are some of your talents or skills? What talents or skills give you the most satisfaction or pride?

What talent or skill do you hope to develop someday?

What are five of your strengths?

- 1.
- 2.
- 3.
- 4.
- 5.

What are two of your weaknesses?

- 1.
- 2.

What are your best qualities? What qualities do you wish you had?

What are the three most important things to you?

- 1.
- 2.
- 3.

How are “school you” and the “home you” different?

What are your three proudest moments?

List three things that you are:

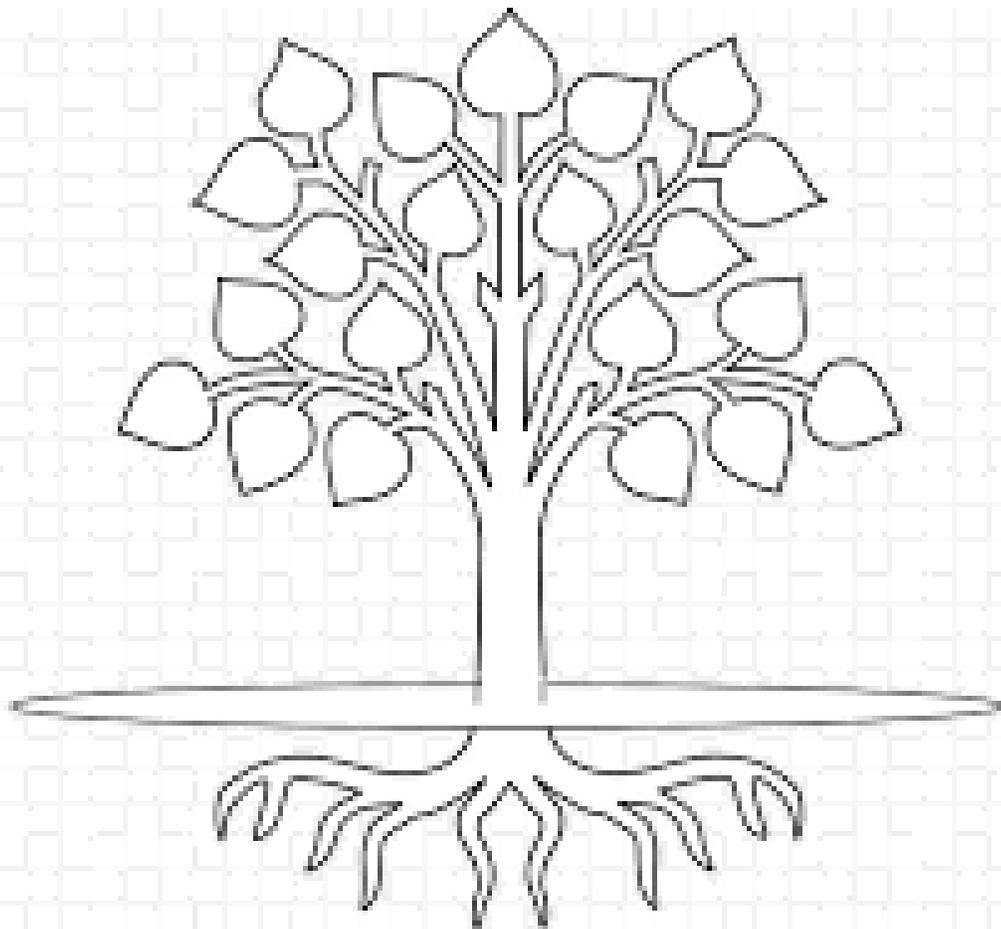
- 1.
- 2.
- 3.

List three things that you are NOT:

- 1.
- 2.
- 3.

What do you like most about yourself? What do you like least about yourself?

What do you stand for—Principles?





[Tree #1 Credit](#)  
[Tree #2 Credit](#)  
[Tree #3 Credit](#)