



What to do TODAY
2nd Grade (🧠 A Social Health Story)

This story describes how engaging in altruistic, prosocial behaviors helps everyone's social health.

- 🧠 When you need help, think about how good you feel when someone helps you.
- 🧠 When you help others, think about how good that makes you feel.
- 🧠 Altruistic behaviors help your brain to be healthy and is good for both your social and emotional health (instills empathy for others).
- 🧠 For this presentation, you need to have the "Helping You Helps Me Too" Story Video and the PPT (Game- Empathy or Not Empathy). For the game, you will need some way to time the events and some way to keep score of the points of each team.
- 🧠 Play the video and stop after the title slide.



Today's story is called – Helping You Helps Me Too.

We know that asking for help is important for your brain health, but...did you know that helping OTHERS also helps your brain?!?

It does. Let's see how that works.

- 🧠 Continue playing the video and stop at the end of this slide.

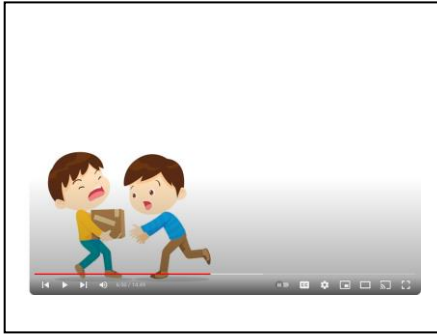


OK...so now we know that EVERYONE needs help sometimes and there are LOTS of people we can ask for help.

Ask the students...**What is a time when you needed help and WHO did you ask to help you?** Give them an example, like...I wanted to learn how to play the tennis – I had never played tennis before – so I asked my friend -who loves to play tennis – to teach me.

Discuss this for a few minutes, asking the question, and giving positive feedback on the answers.

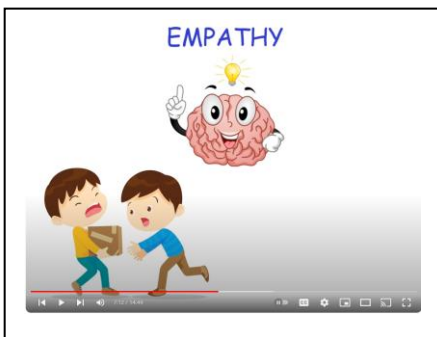
🎨 Continue the video and stop when the question is asked, “What do you see here?”.



Ask... What do you see here?...Raise your hand if you think you know.

(There may be multiple answers...you are looking for something about one of the children needs help and the other is helping.)

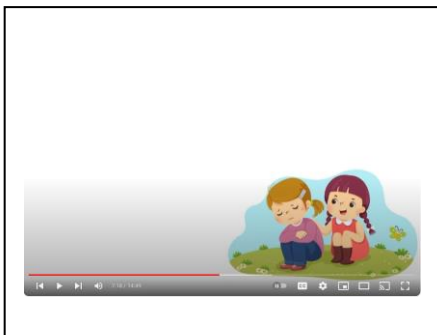
🎨 Continue the video and stop after this part of the slide.



So, if you **UNDERSTAND** that the boy carrying the box needed help then you are showing **EMPATHY**.

Empathy is **understanding** when someone else needs help. If you **understand** that someone needs help, then you **understand** how someone else is feeling.

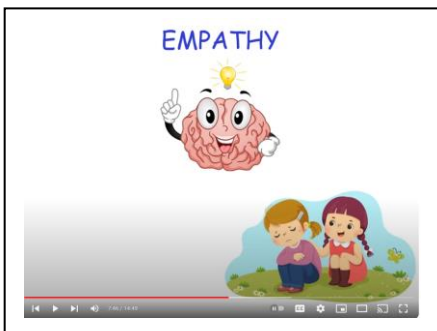
🎨 Continue the video and stop after question is asked, “What can you tell me about this picture here?”..



Ask... What can you tell me about this picture here?...Raise your hand if you think you know.

(Again, there may be multiple answers. You are looking for...one child is sad and the other child is trying to cheer them up.)

🎨 Continue the video and stop at the end of the slide.



We are now going to play a game called “Empathy or Not Empathy?”

- 🎮 **Game: Empathy or Not Empathy?** You are now at the ~8 minute mark of the video and you have about 7 minutes of the video left. Decide how long you can play the game.

In this game, the students work in teams to decide if actions are empathetic or not and use strategies to make non-empathetic situations better. (NOTE - none of the situations presented are showing empathy – do NOT tell the students this.)

1. Let students know they will play the game in teams. Divide the classroom into teams.
2. Explain that each team will have a turn.
3. During a turn, the game host (you) will read a situation (that is displayed on the board). The students should listen very carefully.
4. After they hear the situation, they will have 15 seconds to discuss whether the situation shows empathy. When the timer goes off, they will provide their team answer. If they get it correct, they earn a point.
5. If the situation does not show empathy, they will have 30 seconds to change the situation so that it does show empathy. They can earn an extra point!

For example: “If the scenario is: Someone drops their books in the hallway and a boy walking by laughs and kicks the books away.” My team would talk about how that boy is being mean. He is laughing at someone who needs help and making getting the books even harder. This is NOT showing empathy. My team would earn one point. Then, we would discuss how empathy could be shown. Instead of laughing and kicking the books, the boy could ask if they are okay and help them gather the books from the floor. My team would earn another point.”

6. Team 2 will also be asked to share an idea of how empathy could be shown. They could earn a point too!
7. Explain that you will be playing the game for – however many minutes you decide. You will make sure that each team gets the same number of turns.

- 🎮 Put up the PPT of the game.

Remind students to put themselves in the person’s place when deciding on their empathetic responses. Use the language in Slide #1 to explain to them how they do this.

At the end of Slide #1, tell the students these reminders will be on each slide.

(There are 6 situations. Depending on how long the students take, and how much time you allot – give each team 1, 2, or 3 scenarios. REMEMBER...you still have at least 7 minutes of video left.)

Let the game begin repeating #3-#6.

At the end of the game, remind students that **empathy** is the ability to share and **understand** the feelings of others. When they show empathy, they can put themselves in the other person’s situation and know and understand that they need help. **Showing empathy is good for their brain health.**

- 🎮 Continue playing the video and stop after the following slide.



So... The ability to understand when someone needs help is called **empathy**. Helping someone who needs help – whether they ask for help or not is called **altruism**.

These are both BIG words – but, they are REALLY important words that help our brains stay healthy.

🎨 Continue playing the video and stop after the following part of the slide.



Ask the students...**What are some of the ways that YOU help others by sharing your time and your talents?** Give an example...one of the ways that I am helping YOU is by sharing what I know about how to keep your brains healthy. So, by my helping you – I am also helping my brain – so...I am showing **empathy** and **altruism**.

Ask the question again and discuss with the students. (Keep in mind you have about 5 minutes left to end the presentation.)

🎨 Continue playing the video until the end.

Thank the students for letting you talk to them about how “Helping Others Helps Me Too”.

Remind the students that...

Empathy means you understand how they are feeling. When you want to help others, you showing **altruism**.

A world with people who have empathy and have altruism is a good place to live.

REMEMBER, everyone needs help sometimes and asking for help and helping others is a good way to make everyone’s brain happy and healthy – which is good for everyone’s social health. Helping your brain and other people’s brains stay healthy is SPECTacular and an easy thing to do.

Be sure to thank the students for listening and the Brain Health Team of JHU students will see them soon.