



What to do TODAY Grade 3 (🌈 A Social Health Story)

Everyone needs someone sometimes. Understanding that a support system is important and that it can constantly change is important to your social health.

- 🌈 Humans are social animals and they need other humans in order to survive in the world. This means that you need to learn that asking for help is a good thing that will help keep your brain healthy.
 - 🌈 A support system is made up of one or more people who you count on to help you (family, friends, caregivers, teachers, doctors, counselors, coaches, etc.). Your support system can be made up of different people at different times in your life.
 - 🌈 People in your support system help you with your basic survival needs and with your social and emotional needs. Choosing people to be part of your support system is dependent on your ability to trust and confide in those people to help you when you need it.
- 🌈 For this presentation, you need to have the “Lean on Me” Story Video. Prior to the Activity, you will need to find space in the room to set up a “chair obstacle course”.
 - 🌈 Start the Story Video and stop after the title page.



Today's story is about Social Health and “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.

One way that we can be nice to ourselves and help our brain is by realizing that sometimes we need help. Everyone does.

- 🌈 Continue the Story Video and stop after this screen.

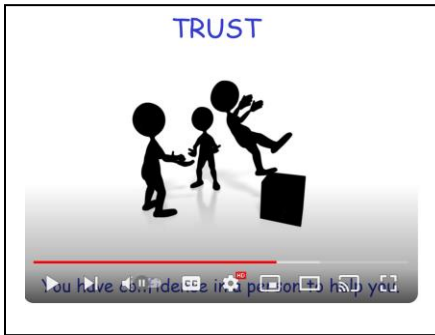


So, we know that everyone needs help sometimes and the people that help us make up our **support system**.

First, let's think about things that we might need help with...let's see, (give the students an example of when you need help and who you ask to help you)...I am taking this class – and it is REALLY hard for me. My friend is also taking the class and it is easy for them – so, I asked my friend if they could help me study and we now have a study group. My friend is part of my support system.

Ask the students when they need help. When they answer, ask them who they could ask to help them. Reiterate that all the people they talked about (list a few) are people part of their support system.

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



Trust means that you have **confidence that the person in your support system will do what they say they will do** to help you to the best of their ability.

🎨 At this point (~11:42 into the video) reinforce the concept of **trust** with the **Physical Activity: Trust is a Two-Way Street**. There is still about 6 minutes left in the video – so gauge your time spent on this activity with the time left in the presentation.

Set up the “chair obstacle course”.

1. Tell the students that you are now going to do an Activity called the **Physical Activity: Trust is a Two-Way Street**. In this activity, student(s) will have to trust that their classmate will help them to the best of their ability to get from one place to another—with their eyes closed.
2. Explain that you will be asking for 2 volunteers. One person will be the guide and the other will have their eyes closed tightly and be led by the guide. The guide may use physical touch, verbal cues, or both to lead the other student. However, before starting, this must be communicated and both participants must agree. The person being led might choose to be led verbally only, by holding hands, touching the elbow, etc.
Suggestion: Ask a student to stand with you and model the different ways the guide could lead.
3. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
4. Ask for 2 volunteers. Have the students decide who will guide first. Have the other student close their eyes. Have the guide spin the student they will be guiding around a bit to disorient them. Then, say...”Begin”
5. After the guide leads their partner on the walk, they switch roles.
6. When both students are done, discuss the following:
 - Were you able to keep your eyes closed the entire time?
 - What made that possible or impossible?
 - How did your partner help you?
 - How did you help your partner?
 - Do you trust your guide more or less than before you started? Why?
7. Repeat #4 – #6 until you have about 8 minutes left in the presentation. You can also change up the “chair obstacle course” around a bit between groups to change things up a bit.

In closing, remind the student(s) that it is important to have people in their support system that they can trust. Trusting someone means that you believe they will help you to the best of their ability. Knowing we can trust others is important for our social health.

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



So, when you confide in someone, you are telling them something that may be bothering you or stressing you out. Telling someone about this helps your brain to be healthy because talking to others helps to get rid of your stress.

You trust these people to help you and not to share what you are telling them – UNLESS, what you are telling them could be hurting you or hurting others. In this case, you are trusting others – your friends, teachers, or others – to help you and sometimes that means THEY need to share this information with others to help you.

🎨 Continue playing the video to the end.

Tell the students that you had fun talking with them today and ask them if they had fun learning.

Remind the students that asking for help when you need it is something that is going to make you stronger.

Having a support system made up of people that you trust and can confide in will help with your basic survival, social and emotional needs and will make your life happier and healthier. And, we all know that helping your brain stay healthy is SPECTacular.

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