



**What to do TODAY**  
**Grade 4 (🌈 A Social Health Story)**

This story talks about how to come up with ways to handle challenges that you face.

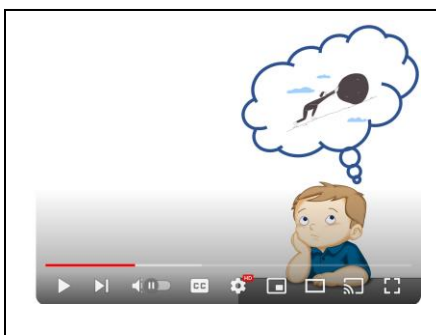
- 🌈 You need to understand when you are in “over your head”.
  - 🌈 Coping mechanisms are things that you can do to handle challenging situations. (COPE – Choose Our Personal Escape)
  - 🌈 Different coping mechanisms work for different challenges.
- 🌈 For this presentation, you need to have the Intro “I Can Handle It...I Got It” Story Video. You will need to bring copies of of the “My Support System” and “Support Circles” for Activity #2 (enough for each student).
- 🌈 Have the students sitting at their desks.
- 🌈 Start the Social Health “I Can Handle It...I Got It” story video and stop after the title slide.



In today's story, we are going to talk about how to identify challenges – things that can stress you out.

We are also going to come up with ways to handle challenges you will inevitably face in your life.

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



Ok...so now we know that all animals have challenges – it is just a way of life.

For animals, challenges may be life or death situations. For us, luckily most of our challenges are NOT life or death situations – although sometimes they may feel like it.

Ask the students...What are some of the challenges in your life? Give an example of something that challenges you...taking exams, being away from home while at college, etc. Then ask the students for some of their challenges.

When you get answers...say...Yes, that would be challenging.

Go onto to explain that while challenges in our life are normal – we do not want to get too stressed out by these challenges.

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



Ok..so when you are too stressed out and you do not know how to handle it – one thing you can do is talk to people in your support system.

Support Systems are REALLY important for your ability to handle stress throughout your ENTIRE life. So, let's think about this more.

🎨 Do Activity #2 – Know Your Support System. **You still have ~10 minutes of video left – so watch your time.**

1. Tell the students...We are going to do an Activity called “Know Your Support System”.

This activity will focus on different types of challenges and who in their support system they could go to for help if they need it.

Remind the students that we ALL need a little help from our friends from time to time. Knowing when we need help and who to go to in our support system is the key to getting through a tough time.

Remind the students that a **“support system” is made up of people who help you.**

2. Give the students the “My Support System” sheet and have them fill it out independently.
3. After student(s) have had time to fill out their charts, discuss who they put on their charts to the extent that they are comfortable.  
\*\*NOTE: Some students might not want to share and that is okay. Others might want to “talk it out” and that is okay too. \*\*
4. Next, pass out the Support Circles.

Explain that the small circle represents smaller challenges, the medium sized circle represents challenges that are bigger than a small one but not huge, and the large circle represents big, serious challenges.

For example: Share with student(s) some examples of these different size challenges. Use these or come up with your own.

- Small Challenge: Only making 3 out of 10 free throws in basketball
  - Medium Challenge: Forgetting your reading book at home
  - Big Challenge: Struggling with understanding adding and subtracting fractions
5. Ask students to fill out their circles with various challenges they face.
  6. Next, ask students to look at their support system and their circles and decide who they might go to for various challenges.

For example:

- Small Challenge: A student might go to a friend for help with learning a new soccer trick they want to know how to do.
- Medium Challenge: A bigger challenge like getting a big project finished on time to get a passing grade might need help from a teacher or a parent.
- Big Challenge: Being bullied and feeling extremely overwhelmed about school, the support person might be a parent or the school counselor.

7. Give students time to add people to their circles.

8. Allow students to share as desired.

9. In closing, remind student(s) that we all have times that we cannot figure out how we can help ourselves and it is okay to ask for help. Knowing who is in your support system and who to go to for small, medium, and large challenges will allow them to cope with difficult situations.

🎨 Continue playing the Story Video and stop after this slide when I say “you need to find the coping mechanism that works for you”.



Ok...What are some of the coping mechanisms that work for you? Give the students an example of one of your coping mechanisms...taking deep breaths, exercising, etc. Ask the students for some of their examples.

After responses, give them positive feedback...ex. “that is a good one”.

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



Ok...so you need to have different ways to COPE depending on the situation.

If your coping mechanism is to exercise when you are stressed out – you can NOT stop to do jumping jacks in the middle of doing a presentation in front of the class!!!

You need to have other coping mechanisms for this situation – What are some coping mechanisms that you COULD do when you are about to talk in front of the class? Discuss this with the students.

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



Say...OH, I get it. My hard head and the watery CSF inside my head can ONLY protect my squishy brain when my body is moving around itself.

When my body is moving around like on a bike, skateboard, skates, or anything that my body can't do alone – then I need to help protect my squishy brain.

So, that is why wearing a helmet is important. Or, wearing a seat belt when I am in a car or at a ride like a rollercoaster.

My head and CSF can't protect my brain all by itself – it needs help. AND, we have to help it. Because protecting our brain means we are being nice to our brains and keeping it healthy!!!

 Continue playing the video to end.

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

Remind the students that they are going to be facing lots of challenges in their lives.

Tell them...You will want to be able to identify when you are in situations that may be making you feel like you are in “over your head”. So...you want to start coming up with ways that help you to cope with challenging situations.

These skills will help you to feel good about yourself and allow you to say, “I can handle it...I got it”. And that will definitely help your brain stay healthy – which is SPECTacular.

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

# My Support System

Name:	
People at Home	People at School
People in My Community	A Friend Who Helps
Things I Can Handle on My Own	Things I Need Help With
Ways I can Help Others	

**Support Circles**

**Name:**

