



What to do TODAY Kindergarten (🌈 A Social Health Story)

Children learn from watching others beginning from the time they are born. This story looks at social development and how children learn to trust themselves and others to make the right decisions.

- There are a lot of choices to make in this world. Making good choices makes you feel good and that makes your brain happy and healthy. Making good choices means you first need to know what you know.
- When you do not have all the information to make the right choice, you need to know who to ask for help.
- Making good choices will help you feel good about yourself and makes your brain happy and healthy.

🌈 Today we are going to learn about Social Health – which is the S in SPECTacular. You will need to have both the video and the KSH Slide Powerpoint ready to play.

Start the playing the Story video and stop after the title slide.



This story – What Do I Do? – is going to teach us HOW to make good choices.

When we make good choices, we feel good about ourselves and we like ourselves – AND that is good for our Social Health – which helps to make our brains healthy.

🌈 Continue playing the video and stop after the following slide. Reiterate what the slides cover.



We all have LOTS of choices to make all the time. When you have a choice to make you need to THINK about what you KNOW – then DECIDE on what you should do.

When you make GOOD choices – then that helps you feel good about yourself and it makes your brain healthy.

- Discuss some choices that the students make all the time. (Some examples – you may think about more or ask the students for examples)
 - When you want to answer a question in class – do you shout out the answer or do you raise your hand?
 - When you are eating mashed potatoes – do you use a fork or your fingers? What about when you are eating an apple – do you use a fork or your fingers?

We make choices like this all the time. We use what we have learned about what we are supposed to do and then we decide what we should do.

- Tell the students that **SOME** of the choices they make – are more important than others because if we make a bad choice – someone could get hurt.

Continue playing the video and stop when I say “think about that a minute”.



Discuss with the students what they know about the situation and then what would be a good choice to make.

If they are in a place where there is not a lot of cars – then they could look both ways for cars and then get the ball.

But, if they were in a busy place – like they were playing in a park in the middle of a city – then they should get some help.

- Continue the video and stop after the question “What do I do?”.



Take a poll of the students. Ask how many would wear a snowsuit to go swimming – raise your hand? (you may get some silly students who do raise their hands – just smile at them)

Ask how many would wear a bathing suit?

Say...ok, let's see who made a good choice and why.

- Continue the video and stop after the question “What do I do?”.



What do you think that you should do? Take a poll of the students.

Raise your hand if they think they should leave the marshmallow in the fire. Have them raise their hand if they think they should try to get the marshmallow out of the fire?

Discuss with the students about what they know about fire (it is dangerous because it can burn you).

Say...ok, let's see who made a good choice and why.

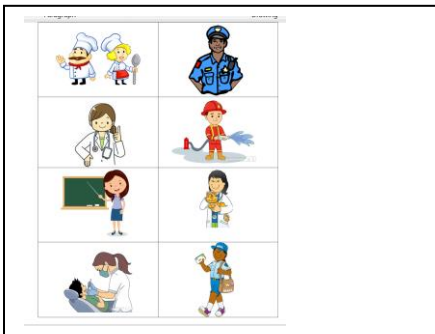
- Continue playing the video. Stop after the following slide and tell the you are going to play the “Who Could You Ask?” game. (you will be playing a modified version).

You will still need about 6 minutes to finish the Story video – but, if the game is going well, you can fast forward to the 2 minute end.



Remind the students that when you are trying to make decision about choices that you have – that you need to ask someone that you trust to help you make the right choice.

- Pass out a copy of the “Who Could You Ask?” game sheet to each student and make sure everyone has a writing utensil. Put up the KSH Slides to the slide below.



Tell the students that when they need to make a good decision, sometimes they need to ask someone they trust for help.

Here are some people who know lots of stuff and they can help us to make good decisions.

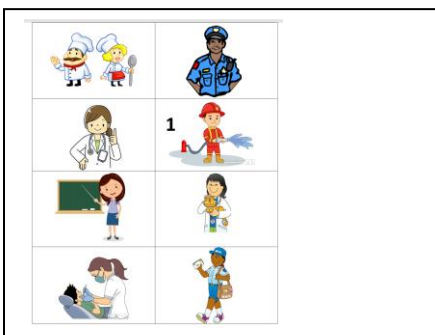
Make sure the students know who the people on the game sheet are and what they know– bakers (how to cook), police (how to protect us), doctor (how to fix our bodies), fireman (how to put our fires), teachers (how to help us learn), veterinarian (how to fix animals), dentist (how to fix our teeth), and mailperson (delivers mail & packages)

- Tell the students that you are going to ask them a question about **who** you might ask for information when you are trying to “make a decision”.

They then have to look at the game sheet and decide **who** they could trust to give the right information.

They then write the question # by that person.

- Give them an example.



Say...ok...**Question #1** - Who could you ask if you needed to know what to do if you smelled smoke in your house?

Tell the students to look at their game sheets and then to write a **1** next to the picture of the person they could trust to give the right information.

Show what their game sheet should look like – go to the next slide on the KSH Slides Powerpoint. Tell the students if they put a **1** next to the firefighter, then they were correct.

- Now, tell the you are going to continue the game by asking the students questions and they will have to put the question # by the person on their game sheet that they think they can trust to give them good information – so they can learn and make good decisions.

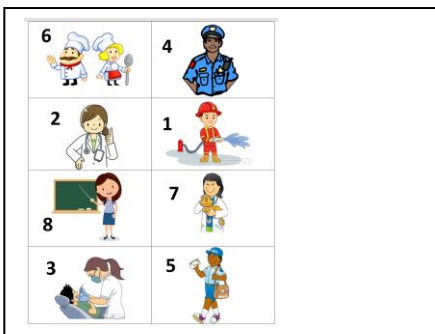
List of Questions:

- #2 - Who could you ask if you needed to know why your tummy was hurting every time you ate ice cream?
- #3 - Who could you ask if you wanted to learn the proper way to floss and brush your teeth?
- #4 - Who could you ask if you wanted to know why their cars have lights and sirens on them?
- #5 - Who could you ask if you wanted to know how a letter or package gets from one place to another?
- #6 - Who could you ask if you needed to learn how to bake a birthday cake for someone in your family?
- #7 - Who could you ask if you wanted to find out why your pet was not eating and sleeping more than usual?
- #8 - Who could you ask if you needed help with your reading, writing, or math at school?

Ask each question – giving the question # - and tell the students to write the number on their game sheets next to the picture of the person they would trust to give them the right information.

- Go through all the questions and then go to the next slide on the KSH Slides Powerpoint and have the students check their game sheets.

Go through each picture – reminding them of the questions. (Ex. The bakers have a # 6 and then restate the question. Say..so now we know if we have questions about baking or cooking – it is good to ask someone who knows how to bake and cook.)



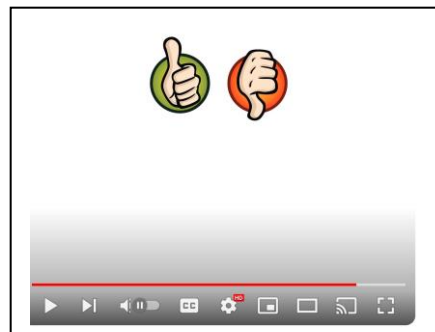
Tell the students that if they **matched** lots of numbers with the pictures – that is good, because they **know** who they can trust to ask for information when they are making decisions.

Tell the students that if they **did not match** lots of numbers with the pictures – that is ok too – because they have just learned who they can trust to ask for information when they are making decision.

- When you are finished with the game, based on the time you have, continue the Story video or fast forward and end.



6 minutes or more



Out of time

Reiterate the main points of the “What Do I Do?” Story.

- Making good choices makes you feel good and that makes your brain happy and healthy. Making good choices means you first need to know what you know.
- When you do not have all the information to make the right choice, you need to know who to ask for help.
- Making good choices will help you feel good about yourself and makes your brain happy and healthy.

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