

KID NATION

LESSONS



Objective

TALKING ABOUT
WHAT TO DO
WHEN WE GET
NERVOUS

Intro

What's
something
that you felt
nervous about
recently?

Video

BUTTERFLIES

Activity

Students
fill out
attached
worksheet
individually

Discussion

Regroup and
discuss the first
four questions
together. Then
have students
explore the final
question in pairs.

Takeaway

IT'S OKAY TO BE
NERVOUS;
WE CAN PRACTICE
TO BECOME
BETTER!

BUTTERFLIES



NAME

SECTION

DATE

TEACHER

What do you do when you get butterflies?

Think about a time when you've felt butterflies. What did you do? What might you do differently next time?



BUTTERFLIES



DISCUSSION QUESTIONS

QUESTION 1

What are some reasons why we might get butterflies?

QUESTION 2

Why should we practice?

QUESTION 3

Why might we be more nervous to perform than to practice?

QUESTION 4

Why is it okay to be nervous sometimes?

LET'S DISCUSS!

Let's discuss! Turn to a classmate or ask a friend. What was a time you got butterflies? What advice would you give to someone in the same situation?