HTY is pleased to present you with this brief, creative activity to help your students exercise Social-Emotional Learning competencies.

**BRADDAH BUZZ AT SCHOOL**

**DESCRIPTION:** A young man named Braddah Buzz struggles with focus at school. Students will be asked to identify his problem and write a letter to offer him advice as to how he might get better at managing his focus.

**GRADE LEVEL FOCUS:** 4-6

**SEL FOCUS:** Self-Discipline (Self-Management)

NHES.1.5.1 Describe the relationship between healthy behaviors and personal health.

NHES.1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.

**ACTIVITY:** Letter writing – advice to the character

**TO PREPARE:**

- Preview the video before sharing it with your students to best help you introduce the activity.
- Students will need paper and a writing utensil or a computer in order to write a letter to Braddah Buzz.