

## SEL Activity

# Try Something New



Grades 3-5



20-25 minutes

### Objectives

- Reflect on and share the ‘firsts’ they have experienced.
- Consider the benefits and challenges of trying new things.

### Essential Questions

- Why is it important to try new things?
- Where do you have opportunities to try new things?

### Vocabulary

**Curiosity:** noun; a desire to learn or know, interested or intrigued.

**Result:** noun; a consequence, effect, or outcome of something.

#### MATERIALS + MEDIA

Worksheet: [The First Time I](#)  
([PDF](#) | [Google](#))

Video: [Kids Jump Off a Diving Board for the First Time](#) (3:09)

#### SEL CORE COMPETANCIES

Self-awareness  
Responsible decision-making  
Self-management

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### Before you Begin

Consider providing a list of emotions for students to refer to throughout this lesson.

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### Program Connections

This activity supports lessons in our ThinkGive Elementary programs in which students take new actions and stretch into their courage zone. To learn more, visit our [PROGRAMS](#) page.

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# THINK • GIVE

Watch: [Kids Jump Off a Diving Board for the First Time](#) (3:09). Four kids jump off the diving board for the first time and share the experience. Ask students to notice how the kids in the video think and feel before and after the experience they are about to have for the first time.

## Discuss:

- What thoughts and emotions did this video bring up for you?
- What did you notice about each child before and after they dove off the diving board?
- In your opinion, what is the message of this video? Why?

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# CONNECT + CLOSE

## Activity: The First Time I

As a group, share different things students have tried for the first time, their emotions, and the results. Be sure to include your own experience. For example:

- **The first time I** rock-climbed
- **I felt** fear/doubt/excitement
- **Because of this experience,** I am physically stronger, have better balance, and am less afraid of heights.

Then, have students think of other experiences of trying something new using the [Worksheet: The First Time I...](#) ([PDF](#) | [Google](#)).

## Discuss:

- What are the benefits of trying something for the first time?
- What are the challenges of trying something for the first time?
- Considering how challenging it can be to try something new and knowing that a positive outcome isn't guaranteed, why is it important to keep trying new things?
- Why is curiosity an important part of trying something new?
- What are some new things you want to try? Why?

# ACTION

Explain: Try at least one new thing in the coming days/week! Try something entirely new to you or challenge yourself to stretch within a familiar activity (e.g., if you play an instrument, play it in front of an audience). Invite students to share their intentions with an adult they trust—someone who will cheer you on and who you can go to for support.

# REFLECTION

Lead a discussion or allow students to journal. Use the following questions as a guide:

- What new thing(s) did you try? How did it feel?
- Would you try this activity again? Explain.
- What is one/some new thing(s) you learned about yourself as a result of trying something new?
- What would the world be like if we had no curiosity or never tried anything new?