



Magical Band-Aid (and Vaccines!)

EPISODE LENGTH: 14:28



SUMMARY: In today's episode, we start with a conversation about the COVID-19 vaccine and staying healthy. We talk about keeping our community safe to show people that we care about them — including taking care of ourselves. First, WendyMac has a dance party to shake things up. Then, we hear questions from kids about the COVID vaccine, which are answered by Dr. Lee, a pediatrician at the University of California San Francisco. Finally, WendyMac teaches us how to draw a magical Band-Aid to give someone to show them we care about them.

*If you do not want to include the COVID-19 vaccine discussion, you can skip ahead to the magical Band-Aid drawing at 5:49. The magical Band-Aid is an excellent tool for using art to develop empathy, care, and social awareness.

SUPPLIES: paper, pen/pencil, coloring materials (crayons, markers, watercolors), scissors.



SOCIAL-EMOTIONAL LEARNING: thinking of and showing care for others, demonstrating desire to help others

CASEL COMPETENCIES: social awareness, relationship skills

CREATIVE SKILLS: fine motor skills (drawing, coloring, and more); gross motor skills (cutting)

Guiding Questions:

- How do you try to get more information when you do not understand something?
- How does learning more information about something help you manage fears and emotions?
- Why is it important to show someone you care about them? What feels good about making someone else feel better?
- Describe a time when you felt someone cared about you — how did you respond?

Key Moments:

1:55 WendyMac talks about a Band-Aid on her hand, which she got from an owie in an art accident. Dr. Lee, who cares about her, put a Band-Aid on it and it feels a lot better.

3:27 Questions from kids about the COVID vaccine, followed by answers from Dr. Lee.

5:49 WendyMac asks, “When somebody gives us a Band-Aid, how does it make us feel?” She suggests that taking care of people we care about shows love.

6:24 Draw a magical Band-Aid begins! At 7:25 Wendy explores the little details that make us unique and special. At 9:05 Wendy makes a mistake and moves on.





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(continued)

Book recommendations:

- ***We Are All Connected: Caring for Each Other and the Earth*** — words by Gabi Garcia, pictures by Natalia Jimenez Osorio
Filled with creative rhyming and vibrant artwork, this book reminds us that we are all in community together. When we work together to care for each other, we make ourselves and our planet better.
- ***Just Help!*** — words by Sonia Sotomayor, pictures by Ángela Domínguez
Publishers Weekly sums it up best: "Generosity proves contagious in this personal portrait of community service by Supreme Court Justice Sotomayor." That's a type of contagiousness we can embrace!

Older Kid Riff: Talking Public Health

"Public health" is the phrase we use to mean "keeping a whole community healthy." What does it mean to do something for the good of a community's health? What are examples of behaviors we engage in to benefit not only ourselves, but our community and larger society?

* **Bonus** — Create an affirmation jar: As a class, write (and draw!) messages that encourage or support each other, or otherwise make each other feel good. Whenever someone in your class needs a little boost, pull out an affirmation slip. You can even make them bandage-shaped.



Activities and Explorations



PODCAST CONNECTION: CHILL OUT DRAWING FOR STRESSED OUT TIMES is an awesome

breathing + drawing exercise (page 68).

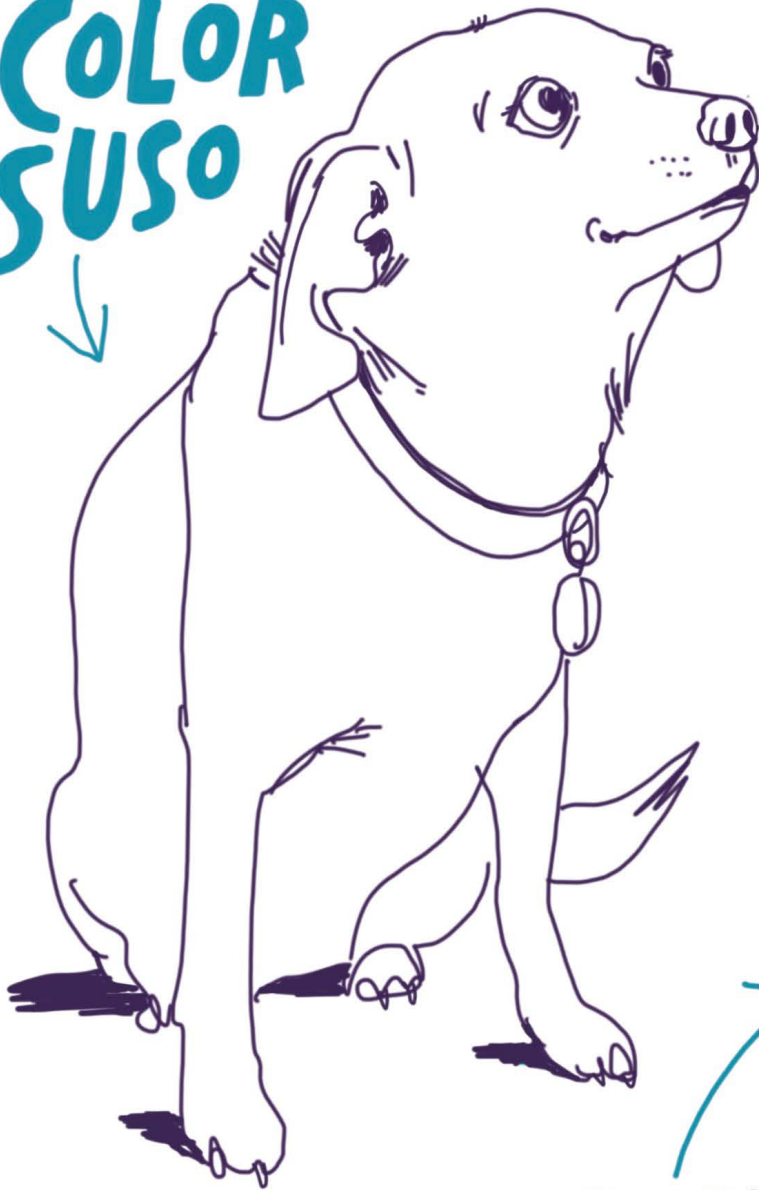
ACTIVITY: COLOR IN SUSO and then draw your own emotional support animal

EXPLORE MORE: animals that regenerate and how we heal ourselves





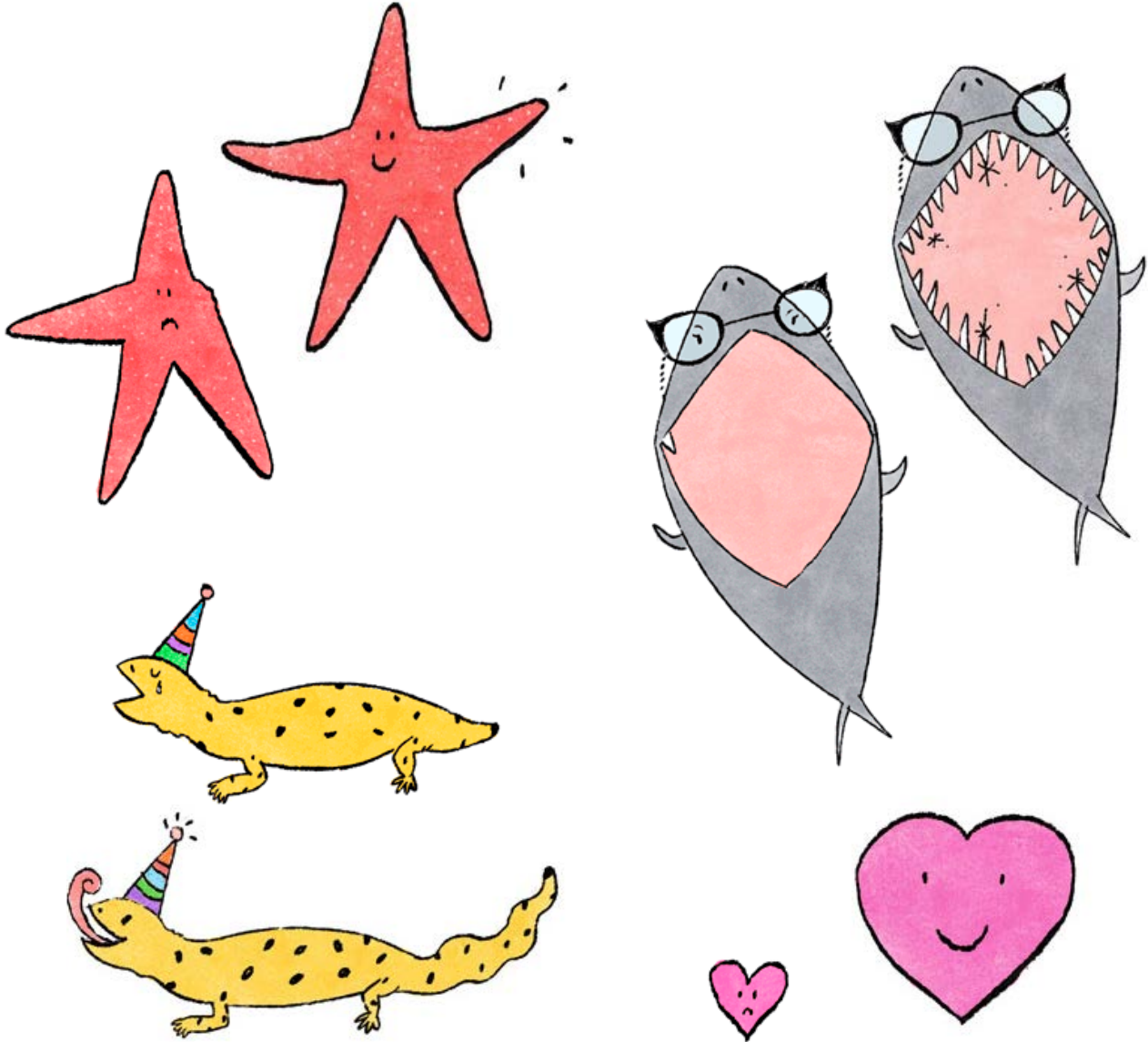
EMOTIONAL SUPPORT COLORING SHEET

COLOR
SUSODRAW YOUR OWN
SUPPORT ANIMAL^{OR} STUFFY



How Do We Heal?

Healing is hard work. It's also very cool, gross, and fascinating. When you grow back a body part it's called regeneration. Can you guess what body part the animals below can regenerate?



Starfish grow back their arms, **sharks** regrow their teeth, **lizards** can grow new tails, and **humans** — well, after a hard day, a fight, or a cry, don't worry, our hearts always have the ability to recover and grow stronger.

When you need to heal and recover from getting hurt, what do you like to do? Try drawing what makes you feel better when you get hurt or don't feel well. You can also imagine something you would like to help you heal (a magical unicorn doctor! A fix-everything potion!) and draw that, too.