

## Health Resource “Commercial Breaks - Script

Read the following opening line, in the manner of a newscaster:

***We'll return to today's thrilling lesson after a brief message by the sponsor of today's class, Your Brain.***

Next. Read the following script, (describing how a person's brain talks to the person about getting help dealing with an emotional concern from the school's mental health professional):

***Hi. It's me, your brain. You bring me with you everywhere – I think you even brought me to school today (hope you're using me now!).***

***Sure, I'm pretty good at thinking, but I do so much more. I also hold on to your feelings – the happy ones, and the crappy ones. My job isn't easy, and I'm not just talking about studying. When you feel down, or scared, or anxious, I work overtime, and sometimes those hard emotions are just too much for me to handle on my own.***

***I talk to you all the time, and I know you're always there for me, but I can't help but think (because that's what I do!) that when we're concerned or hurting, we shouldn't go it alone. We should find someone else to talk to.***

***Here's a thought: I've heard our school's guidance counselor can be really helpful. She's a good listener, she never disrespects, and kids trust her. She's available during school hours, and we can make an appointment.***

***What do you think? Oh, yeah, that's my job! I think we should make an appointment to talk to her.***

Close by reading the final line, again in the manner of a newscaster:

***This message was brought to you by your brain. Take care of it. It's the only one you've got.***