

LESSON TITLE

Universal Challenges

OBJECTIVES

- Help to humanize social issues by introducing the concept of the Universal Challenges.
- Explore how our challenges and experiences can be used in helping others.
- Introduce the frame that life is not fair.

PREPARATION

- Ensure slides and embedded videos work.
- Prep nametags.
- Prep marshmallow game by purchasing marshmallows and gathering random objects such as fork, chopsticks, a balloon, toothpicks. Some should be difficult to use for this game.

CURRICULUM

	<p>Recap:</p> <ul style="list-style-type: none"> • “A philanthropist is someone who gives of themselves for the good of humanity. • Do you remember which body part you were most drawn to using? Did you see any examples this week?” 	5 min
<p>WARM UP (validate existing knowledge)</p>	<p>Life Is Not Fair</p> <ul style="list-style-type: none"> • “Every team gets 60 seconds to stack 4 marshmallows on top of each other, using only the tool(s) given to your team. • How was the game? Was it fair? • How is life not fair sometimes?” <i>[Not everyone gets the same resources, sometimes you can creatively use resources that don’t look helpful. Life is not always fair.]</i> 	5 min
<p>NEW IDEAS (introduce and apply new content)</p>	<p>Universal Challenges</p> <p>“There are many common challenges. Choose one that you have experienced that you would be comfortable talking about. Reflect on what helped you get through it.</p> <ul style="list-style-type: none"> • pain/sickness • hunger/thirst • loss • loneliness • being overwhelmed, afraid • being misunderstood or judged 	10 min

Service Learning Workshop - Session 3

<p>WRAP UP (gauge new learning)</p>	<p>If we have experienced a challenge, we can really help someone who has experienced that same challenge.</p> <ul style="list-style-type: none">• someone who has been bullied, is a great support when someone gets bullied• someone who has lost a parent understands what someone experiencing loss is going through• someone with a learning challenges knows what might be helpful to someone also struggling.• “Do you know any examples of this?” <p>Simone Biles</p> <ul style="list-style-type: none">• Simone Biles struggled with her mental health and now speaks about this experience in order to help others. <p>Potato Game Round 1</p> <ul style="list-style-type: none">• “Let’s wrap up with the potato challenge.”• Break into teams.• In 3 minutes, how many different ways can you use a potato to help someone?• Between all the teams, how many ideas did you come up with together?”	<p>7 min</p> <p>7 min</p>
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