

LESSON TITLE

Health Challenge

OBJECTIVES

- Explore the issue of health as an example of how to think about issues, solutions, and ways to help.

PREPARATION

- Ensure slides and embedded podcast works.
- Prepare nametags
- Have “tool cards” ready for the Giving Potato Game
- Have way of collecting ideas for “Your Expertise”

CURRICULUM

	<p>Recap:</p> <ul style="list-style-type: none"> • Marshmallow: In that game we talked about life not being fair. What is an example of life not being fair that you witnessed this week? • Universal Challenges: Have you seen anyone struggle with one of these this week? • This week we are going to explore an issue that many of us have some connection to: health. 	
<p>WARM UP (validate existing knowledge)</p>	<p>Potato Game</p> <ul style="list-style-type: none"> • “Last time we came up with ways to help using a potato. • We are going to break into teams and I am going to distribute 3 tool cards to every team. • Your challenge is come up with ways that you can use those three tools (together or separately) to help someone who is in the hospital for three weeks after a surgery. • If you find a picture of a potato on your card, this is a wild card and you can choose any tool you want.” 	<p>10 min</p>
<p>NEW IDEAS (introduce and apply new content)</p>	<p>Your Expertise</p> <ul style="list-style-type: none"> • “Brainstorm 3-5 ways your life as been affected by health issues. Let’s fill a paper with everything we collectively know or have experienced. Look how much expertise we have in this room.” [COVID, grandparents health, etc] 	<p>5 min</p>

Service Learning Workshop - Session 4

NEW IDEAS	PODCAST <ul style="list-style-type: none">• “We are now going to listen to a podcast of people of all ages sharing their experiences with health.”• Once we have listened think about:<ul style="list-style-type: none">◦ What surprised you about the stories you heard?◦ What were some of the things they had to give up?◦ Leo described a lot of medical terms that he has learned since he got sick and Jayden talked about donating his hair. Does this remind you of Simone Bile’s story?◦ Think about a health challenge that you or someone close to you has experienced. Do you remember what helped?◦ How might you be helpful to someone with a health challenge?”	20 min
WRAP UP	SOLUTIONS <ul style="list-style-type: none">• “We will wrap up today with the idea that there are many organizations working to help people with a health challenge.• Non-profit organizations are those that do public good, not for a profit.• Can you think of any non-profits that work on health issues: hospitals, food banks, support groups for people with different diseases, art therapy groups and more. You can look at one of our Solutions Decks for more ideas.• “Are certain body parts easier to use than others for you?”	5 min