



## Health Hero Lesson—Beginning Health Advocates

*NOTE: Teachers should decide whether to use the lesson for BHA (Beginning Health Advocates) or AHA (Advanced Health Advocates), depending on the students' prior experiences with Healthy NewsWorks and students' developmental/ability levels.*

<b>Objective(s)</b>	SWBAT describe a leader's qualities which make his/her work special or compelling. SWBAT create an illustration or illustrated paragraph depicting a Health Leader as a superhero.
<b>Standards Addressed</b>	<b>SL.3.4</b> Report on a topic or text, tell a story, or recount an experience with appropriate facts and relevant, descriptive details, speaking clearly at an understandable pace.
<b>Essential Understandings</b>	1. Community Health Leaders have special qualities and skills that drive them in their work to support and encourage healthy living.
<b>Key Vocabulary</b>	hero – a person who is admired for courage, outstanding achievements or noble qualities
<b>Materials Needed</b>	1. A Healthy NewsWorks book, "Leading Healthy Change In Our Communities." The books are part of a series published since 2012. They are available at Healthy NewsWorks schools and online at HealthyNewsWorks.org. 2. Health superhero characteristic words and worksheet. 3. My health superhero illustration template.
<b>Introduction</b>	<ul style="list-style-type: none"><li>• Ask students to tell about superheroes they know, and ask them to identify the superpowers each one has.</li></ul>
<b>Lesson</b>	<ul style="list-style-type: none"><li>• Choose one of the Health Leaders featured in a "Leading Healthy Change in Our Communities" book. Using this leader as a model, identify what makes him or her special. What are this Health Leader's superpowers?</li><li>• Have students choose their own Health Leader, or assign a leader to students. Distribute and read worksheet "What characteristics does my health superhero have?" with students, so they can identify their chosen Health Leader's superpowers.</li><li>• Students use the My Health Superhero worksheet to depict their chosen Health Leader. The students can also create their own superhero drawing from scratch.</li></ul>
<b>Dig Deeper (Optional)</b>	Based on age and skill level, students can... <ul style="list-style-type: none"><li>• Illustrate their Health Hero</li><li>• Research someone in your community that you think could be a health hero (a firefighter, a PE teacher, etc.) and explain what makes this person a Health Hero.</li><li>• Write (and possibly act out) a commercial depicting a chosen Health Leader's work, after identifying one Health Leader's work, services or organization. They can read the storyboarding worksheet and use it to create, alone or in groups, a storyboard for a 30 second commercial advertising a Health Leader's center or work. They can use the storyboard template to plan (and if desired, perform and/or film) their commercial.</li></ul>



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## Reader Classrooms

<b>Health Journal</b>	Complete the sentence and explain: "If I were a Health Hero, my superpower would be..."
<b>Check for Understanding</b>	Whip Around: Name 1 thing you can do that would make your Health Hero proud.
<b>Assignment</b>	Tell someone at home about your Health Hero and what s/he does to help others live healthy lives.