### 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.

| Objective(s) | 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. |
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<td>Standards Addressed</td>
<td>SL.3.4 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.</td>
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<td>Essential Understandings</td>
<td>1. Community Health Leaders have special qualities and skills that drive them in their work to support and encourage healthy living.</td>
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<td>Key Vocabulary</td>
<td>hero – a person who is admired for courage, outstanding achievements or noble qualities</td>
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2. Health superhero characteristic words and worksheet.  
3. My health superhero illustration template. |
| Introduction | • Ask students to tell about superheroes they know, and ask them to identify the superpowers each one has. |
| Lesson | • 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?  
• 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.  
• Students use the My Health Superhero worksheet to depict their chosen Health Leader. The students can also create their own superhero drawing from scratch. |
| Dig Deeper (Optional) | Based on age and skill level, students can...  
• Illustrate their Health Hero  
• 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.  
• 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. |

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### Health Journal
Complete the sentence and explain: “If I were a Health Hero, my superpower would be…”

### Check for Understanding
Whip Around: Name 1 thing you can do that would make your Health Hero proud.

### Assignment
Tell someone at home about your Health Hero and what s/he does to help others live healthy lives.