



Special Lessons Menu 2026-2027 School Year

Special Lessons are 1-2 session lessons taught by one of our Healthy NewsWorks team members to "Reader" classes (classes not working as Core or Cub Reporters on the newspaper), thereby extending the Healthy NewsWorks experience to more students and getting more school-wide content into the newspaper. Each of these lessons involves a writing component and is aligned with CCSS.

K-3 Special Lesson Options:

1. Friendship (1 lesson): *Strong relationships with other people are important for our emotional health.*
2. Stress Less (1 lesson): *What is stress? What are simple ways to reduce stress?*
3. Safe Tech (1 lesson): *How can you stay safe while using technology? Includes an optional interview of a school leader to find out how your school is keeping you safe.*
4. Being a Reader (1 lesson): *Being a reader benefits your health by building empathy, reducing stress, and helping you sleep better.*
5. Book Review (1 lesson): *We will bring a book to read and write a review as a whole class.*

Grades 4-8 Special Lesson Options:

1. Stress Less (1 lesson): *What is stress? What are simple ways to reduce stress?*
2. Gratitude (1 lesson): *What is gratitude, why is it important, and how do we show it?*
3. Taking a Break from Technology (1 lesson): *What are some health risks of too much screen time? How can you make good decisions around your social media consumption? Includes an optional interview of a school counselor.*
4. PSA (1 lesson): *Students will learn how to create a public service announcement. The goal is to promote healthy choices throughout the school community. Topics will vary.*
5. Identifying trustworthy online sources (2-part lesson): *Basic tools to help you determine if information on the web is trustworthy, and how to combat misinformation online.*
6. Interviewing skills (1- to 2-part lesson): *Tips to conduct an interview with anybody.*
7. Magazine (1 lesson): *Explore our most recent issue of By Kids, For Kids, and choose from a variety of follow-up response options.*
8. Community Film (1 lesson): *View Caring for our Community, our 2024 Film (1-13-minute film). After viewing the film, students may choose from a variety of follow-up response options.*
9. How We Heal Film (1 lesson): *View our 2022 Film, "How We Heal" and write a response letter to one of the leaders featured in the film. Letters may be featured on our website or in an upcoming issue of your school's newspaper, or even in our magazine.*

NOTE: We will offer lessons on a first-come, first-served basis since our capacity is limited. **Please specify which session you prefer: Fall (October 1-November 20, 2026), Winter (November 30, 2026-January 29, 2027), Spring (February 8 -April 2, 2027).**