

# LET'S TALK HEALTH

In this lesson, students will reflect on how comfort and health, are related and come up with ideas to help comfort someone who is having a health struggle.

## Grade Levels 3–6

*Note: Lessons are designed to support multiple grade levels. Modification suggestions and extensions are for alternative pacing and to engage students at various levels.*

## Standards

### Common Core State Standards (CCSS)

CCSS.ELA-LITERACY.CCRA.R.1  
CCSS.ELA-LITERACY.CCRA.R.2  
CCSS.ELA-LITERACY.CCRA.R.3  
CCSS.ELA-LITERACY.CCRA.SL.1  
CCSS.ELA-LITERACY.CCRA.SL.3

### Collaborative for Academic, Social, and Emotional Learning (CASEL)

SELF-AWARENESS  
SOCIAL AWARENESS  
RELATIONSHIP SKILLS

### Social Studies Standards (NCSS)

Individual Development and Identity  
Individuals, Groups, and Institutions

## Essential Question(s)

- How can you bring comfort to others?
- How are comfort and health related?

## Learning Objectives

- I can make a list of things that comfort me and explain how they might comfort others.
- I can explain the relationship between comfort and health.

## What You'll Need

“Bringing Books” article from TIME for Kids; access to [PBS News Hour video](#) (optional)

## INSTRUCTIONAL PLAN

### Introduce It

Ask students to think about the last time they were not feeling 100%. Have them note their responses to the following questions:

- Was it something physical, mental, or emotional that made you feel unwell?
- What did you do to make yourself feel comforted?
- What could others have done to make you feel comforted?

### Read About It

Read the article “[Bringing Books](#)” (TIME for Kids, October 5, 2022). While students read, have them identify what Emily Bhatnagar did to comfort herself in difficult times and how she turned that into something that comforted others.

### Discuss It

Bring the class together to discuss the article. Ask a volunteer to share a summary of what they read, and have others share their thoughts and reactions to Bhatnagar’s work. Who is Bhatnagar supporting with her project? Why? Use the following questions to prompt further discussion:

- How do Bhatnagar’s donations “share a piece of the world” with kids and families?
- What other impact might books have? How are comfort and joy related to health?
- What impact has this project had on Bhatnagar?
- Do you think this is a worthwhile project? If yes, explain. If no, what could be done to improve it?

### Act on It

Have students make a list of things that have brought them joy or comfort. They can think of something that comforted them when they were young or something that works presently. Examples include music, animals, and home-cooked meals. How can one of these comforts be used to comfort or help others who are going through a tough time? Have students meet with a partner to discuss their ideas. As one partner shares ideas, the other can provide feedback. Is this suggestion something they would find comforting? In what circumstances? Is there a group that might benefit from this idea? Have partners choose their best idea to share with the class. Is there one idea that is feasible to do as a class? If so, put it into action!

### Take It Further (optional)

Pull up the video at [ti.me/PBSnewshour](https://www.timeforkids.com/service-stars) and watch it with the class. The video shows a nursing home and a daycare center that share the same space. Have a discussion about the impact this idea has on both the young and old. How does it improve the health of the elderly? Ask students if this is replicable in their area.