

PROMOTING HEALTH

In this lesson, students will learn about three components of health and think of ways to support their own and others' health in each area.

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 Read closely to determine what the text says explicitly and to make logical inferences from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.

CCSS.ELA-LITERACY.CCRA.R.3 Analyze how and why individuals, events, and ideas develop and interact over the course of a text.

CCSS.ELA-LITERACY.CCRA.SL.1 Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.

CCSS.ELA-LITERACY.CCRA.SL.4 Present information, findings, and supporting evidence such that listeners can follow the line of reasoning and the organization, development, and style are appropriate to task, purpose, and audience.

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

SELF-AWARENESS The ability to understand one's own emotions, thoughts, and values, and how they influence behavior across contexts.

SOCIAL AWARENESS The ability to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

RELATIONSHIP SKILLS The ability to establish and maintain healthy and supportive relationships, and to effectively navigate settings with diverse individuals and groups.

Social Studies Standards (NCSS)

Theme 4: Individual Development and Identity

Theme 5: Individuals, Groups, and Institutions

What You'll Need

"Special Delivery" article from TIME for Kids, "The Health Triangle" worksheet, "Healing Actions" worksheet, access to [Service Stars website](#)



Before teaching this lesson, share your perspectives in this short survey.

Essential Question(s)

- What are three components of health?
- How can acts of service support our own and others' health?

Learning Objectives

- I can name the three components of the health triangle and give examples of each.
- I can identify ways to support my own health.
- I can list a variety of acts of service and analyze how each can impact people's mental, physical, or social health.

INSTRUCTIONAL PLAN**Introduction**

Ask students to think about what it means to be healthy. Group students and have them come up with a definition. Have each group share what they came up with and discuss the similarities and differences. Then provide students with the worksheet "[The Health Triangle](#)," and read the box of text aloud. Did any group's definition of being healthy include other aspects of health besides physical?

Go through the examples in the Venn diagram before having students work independently to add their own ideas. After sufficient time, bring the class together and have volunteers share some things they added to the diagram and where they put them. Students can add to their own Venn diagram as they hear from classmates.

Discussion

Have students independently read "[Special Delivery](#)." While they are reading, have them take note of which components of the health triangle Jordyn Perez is attending to for herself and others. Bring the class back together for a discussion after reading.

Discussion Questions

1. Why did Jordyn Perez start donating to children's hospitals? How have her motivations changed?
2. How is Jordyn impacting the health of kids in hospitals?
3. What impact have Jordyn's donations had on her and people around her?
4. What word(s) would you use to describe Jordyn? Explain.

Small Group Activity

Have students explore the [Service Stars website](#) and choose an article that interests them. Have them read it and identify the act of service the main subject is performing. Does this act support the health of a person or a group of people? Group students and have them share what they read about. Then tell groups they'll be thinking of additional acts of service that would support the health of others. Provide each group with a copy of the worksheet "[Healing Actions](#)." Instruct them to come up with a variety of ideas. They can use the health triangle