

HOBBIES FOR WELLNESS

Students will learn about brothers who share their hobby with others, and will think of an activity to which they can introduce others.

Grade Levels 3-6

Note: Lessons are designed to support multiple grade levels.

Standards

Common Core State Standards (CCSS)

CCSS.ELA-LITERACY.CCRA.R.1
CCSS.ELA-LITERACY.CCRA.R.3
CCSS.ELA-LITERACY.CCRA.R.7
CCSS.ELA-LITERACY.CCRA.SL.1

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

SOCIAL AWARENESS
RELATIONSHIP SKILLS

Social Studies Standards (NCSS)

Individual Development and Identity

Essential Question(s)

- What is wellness?
- How are mental and physical wellness related?
- Why is mental wellness important?

Learning Objectives

- I can list ways I practice wellness.
- I can explain the importance of taking care of mental and physical wellness.
- I can come up with an activity that can help support a peer's mental wellness.

What You'll Need

"Gone Fishing" article from TIME for Kids; "Wellness Kit" worksheet

INSTRUCTIONAL PLAN

Introduce It

Write the word *wellness* on the board. Ask students to talk to a partner about what the word means. How do they practice wellness? Call on partner groups to share some ideas while you write them on the board. Explain that wellness includes physical and mental wellness. Ask students to write down some ways in which they support their mental wellness.

Read About It

Have students read the article “[Gone Fishing.](#)” As they do, ask them to note the ways in which fishing supports mental wellness.

Discuss It

Ask students to share some of the benefits of fishing, according to the article. Discuss the following:

- What’s the purpose of Fish Hut?
- How do Vick and William Tan make fishing accessible to others?
- Why are activities like fishing important for kids?
- What evidence in the article shows that Fish Hut has been successful?

Act on It

Bring the class together and have a conversation about how mental and physical wellness are related. Tell students they’ll be imagining a box filled with supplies to help someone engage in a calming activity. Pass out copies of “Wellness Kit,” at ti.me/WellnessKit, to get them started. They may return to their list from the beginning of the lesson for ideas. How might this box help others? Why is mental wellness important?

If time and resources permit, invite students to build their boxes. Have the class collect cardboard boxes of various sizes and bring them to class for peers to use. If students have supplies of their own to donate, they can fill their box with these. If not, students can write letters to craft supply stores, sporting goods stores, and community members to ask for donations.

Take It Further (optional)

Talk to your school library, a local library, or a community center to see if they would accept the boxes for others to take. Ask students to work together to describe the purpose of the kits and how others can get involved.