



EPISODE FOUR – ST. JUDE

HOW CAN I HELP? ASK SOMEONE TODAY.

BELIEVE IN YOU LESSON PLAN





JOURNAL/OPENER (5-10 MINUTES)

- Pose the questions and have students write answers privately:
 - What are you passionate about?
 - What are you doing daily to cultivate that passion?
- Have volunteers share answers and have a brief class discussion.

EPISODE FOUR – ST. JUDE

(FILM: 10 MINUTES/57 SECONDS)

- Post video discussion questions

THINK-PAIR-SHARE (5-10 MINUTES)

- Students think to themselves, share with a partner, then volunteers share answers out loud.
- Kevin spoke about making every day count and doing two things per year to challenge yourself. Specifically creating a “Bucket Life” not a “Bucket List.”
 - What is one item on your “Bucket Life?”
 - How are you going to accomplish this item?

WHAT MATTERS TO YOU? (20 MINUTES)

- Instructions on next page.
- Technology (phones, computers, etc.) might be needed.

CLOSING (5 MINUTES)

- Pair students and have them share their non-profit ideas.
- Call on various students to share ideas, discuss logistics.



WHAT MATTERS TO YOU? (20 MINUTES)

This episode was focused on St. Jude Children's Research Hospital, but that doesn't have to be the only place to benefit from your action. Complete the following:

What was your passion from the journal?

How can you relate that passion to helping others?

What are some actions you can take?

Research local or national non-profit organizations that match your passion, write down names of a few.

What are some ways you can connect your passion, this non-profit, and your school?

Is there way to utilize resources from this non-profit and plan a school-wide event? What type of event would be the most practical at your school?



DAILY MINI-LESSONS

EPISODE FOUR – WEEK ONE

HOW CAN I HELP? ASK SOMEONE TODAY

DAY ONE

MAKE A DIFFERENCE MONDAY

Discuss or journal: What was most interesting about this episode to you?

DAY TWO

TAKE TIME FOR YOU TUESDAY

Mindful Mantras. Have each student create a mantra if they do not have one. After 5 minutes to think about the mantra or creating one, have each student share their personal mantra. Share the examples listed below to help prompt the students.

1. Helping others is healthy.
2. Help one; help all.
3. Helping is healing.

DAY THREE

WE STAND TOGETHER WEDNESDAY

Create a class motto about helping others. Use the motto all month long as the class aspires to help others.

DAY FOUR

THOUGHTFUL THURSDAY

1. What does this expression mean: “A friend in need is a friend indeed?” 2. Name something that you did to help a friend? 3. Why do people give money to charities to help people that they don’t even know? 4. What is a way that you can be helpful in your school?

DAY FIVE

FUN FRIDAY

Create a class road map/list of ways that your school can help St. Jude.



DAILY MINI-LESSONS

EPISODE FOUR – WEEK TWO

HOW CAN I HELP? ASK SOMEONE TODAY

DAY ONE

MAKE A DIFFERENCE MONDAY

What can you do individually to help others and the patients of St. Jude?

DAY TWO

TAKE TIME FOR YOU TUESDAY

10-minute silent time: Have students use this time to focus on a personal task or catching up on an assignment or focusing making a difference in their community.

DAY THREE

WE STAND TOGETHER WEDNESDAY

Have your class work together to write a communal story. Start with one sentence on the board. Have your students take turns coming up to the board and adding one sentence to the story. Each person will be able to use his or her creativity to further the story. Focus on the responsibility we have as a society to helping others.

DAY FOUR

THOUGHTFUL THURSDAY

Write letter, notes, or make cards to send to the patients of St. Jude.

DAY FIVE

FUN FRIDAY

Pay it forward Friday. Do something nice for someone using the Pay it Forward. Ensure students understand and can define serial reciprocity (paying it forward).



DAILY MINI-LESSONS

EPISODE FOUR – WEEK THREE

HOW CAN I HELP? ASK SOMEONE TODAY

DAY ONE

MAKE A DIFFERENCE MONDAY

Class discussion: How can we help others?

DAY TWO

TAKE TIME FOR YOU TUESDAY

What are some questions that you have about the episode? How can you, personally, help others and make our world a better place?

DAY THREE

WE STAND TOGETHER WEDNESDAY

Divide students into groups of five and have them write a script for 90 second “commercial” for helping others and making the world a better place as one class, one school. The commercial is a 90 second video that can be created using a phone or classroom technology.

DAY FOUR

THOUGHTFUL THURSDAY

Have students visit the St. Jude website and find a topic that is interesting to them.

DAY FIVE

FUN FRIDAY

View the St. Jude Health Living video The video is geared towards middle school students, but should stimulate conversation on all of the positive things that St. Jude does.



DAILY MINI-LESSONS

EPISODE FOUR – WEEK FOUR

HOW CAN I HELP? ASK SOMEONE TODAY

DAY ONE

MAKE A DIFFERENCE MONDAY

Students take out their whiteboards or some scratch paper and then give them the assignment to define HELP and ways that they can help others.

DAY TWO

TAKE TIME FOR YOU TUESDAY

Sit and reflect for ten minutes on how you will help others.

DAY THREE

WE STAND TOGETHER WEDNESDAY

Film the 90 second commercial from the previous week. Allow students to edit, put music to the video etc. and be prepared to show the video the following week

DAY FOUR

THOUGHTFUL THURSDAY

Finding Cures. Saving Children. What is an idea or project that you think would help children suffering from cancer?

DAY FIVE

FUN FRIDAY

Have students list all of the things they have done thus far this month to help others? Try and reach 100 examples of helping others using everything everyone in the class has done.



DAILY MINI-LESSONS

EPISODE FOUR – WEEK FIVE

HOW CAN I HELP? ASK SOMEONE TODAY

DAY ONE

MAKE A DIFFERENCE MONDAY

How have you helped someone recently and what type of impact did you help have on the person?

DAY TWO

TAKE TIME FOR YOU TUESDAY

Ten minutes of quiet time. Play a song and encourage students to completely decompress.

DAY THREE

WE STAND TOGETHER WEDNESDAY

Show the 90 second video from previous week's activity

DAY FOUR

THOUGHTFUL THURSDAY

Journal Prompt: Take ten minutes to write the answer to the question. I enjoy helping others by...

DAY FIVE

FUN FRIDAY

Find a video of St. Jude hospital and share it with the class.



SUGGESTED WRITING TOPICS

Use the following topics as writing prompts for weekly writing opportunities. Students should complete a one page journal entry based on the topics below. At the end of the academic year, the students' journals should provide reflection and motivation to continue being the best person they can be.

- **Make every day count.**
- **Change your game from the inside out.**
- **Walk louder than you speak.**
- **Describe your character.**
- **Why is discipline so important?**
- **Why is accountability important?**
- **How can you inspire others?**
- **Communication...how can you improve your communication skills?**
- **What is your favorite song? How does it motivate you?**
- **What would you do if a bully bothered you on your way home?**
- **What would you do if you did very poorly on a test?**
- **How can you help others in your community?**
- **Chase the goal, chase your dreams.**
- **Make memories, what have you done to help promote your school?**
- **What would you do if you found a magic wand?**
- **If you were principal of this school, what would you do?**
- **If you could break the Guinness Book of Records, what would it be for?**
- **What would you do, if you just won the lottery?**
- **If you could go back in time and change one thing in your life, what would you change?**
- **What do you consider your greatest accomplishment to date and why?**