



Summary: Wellness Warriors employs the strategy of teaching in order to learn as middle level students write lessons on healthy habits, then teach them to elementary students.

Wellness Warriors: Peer to Peer Health and Wellness

Wellness Warriors employs the most effective tool for retention of information – teaching. Middle school students research 5 healthy habits and write lesson plans to teach these healthy habits to elementary school students. Middle school students write lessons that demonstrate healthy eating, drinking water, walking, the appropriate ratio of weight to backpacks, and laughter. All 5 healthy habit indicators have documented standards and can be readily researched by middle level students. Nebraskans for Civic Reform (NCR) has support materials for each lesson if students are struggling to write the plans. When written, the middle level students will go to the elementary site to deliver the lesson along with pedometers for measuring walking; water bottles for making healthy infused drinking water; fruits and vegetables for making fun snacks, scales for measuring the weight of backpacks, and skits and jokes for making people laugh.

Nebraska State Standards Addressed:

Science:	SC K-12.1	Inquiry
	SC K-12.3	Life Science
Math	MA 0.1	Number Concepts
	MA 0.2	Measurement
Social Studies	SS 12.1.2	Civic Participation
English	LA 0.1	Reading
	LA 0.2	Speaking
	LA 0.4	Multiple Literacies

Method:

Two groups will collaborate, one from a middle school (MS) and one from an elementary (ES). MS students will visit an elementary class 5 times with a different Health and Wellness lesson on each visit. ES students will learn by “doing” which research states has a 75% retention rate, and MS students will learn by “teaching” which has a 90% retention rate. The teaching and doing will all be centered on Health and Wellness issues.

Sample Lesson: What’s So Funny?

Materials: MS students may need props depending upon their plan

Method:

Middle school students will research the need for laughter for a 4th grader.

- How many times should a 4th grader laugh each day?
- What are the health benefits of laughing?
- What are the social/emotional considerations of laughing? Can it be hurtful?

Students should be allowed to research on their own, however, if they have trouble, the teacher may direct them to the following sites.

http://www.helpguide.org/life/humor_laughter_health.htm

<http://www.psychologytoday.com/blog/the-possibility-paradigm/201106/are-you-meeting-your-laugh-quota-why-you-should-laugh-5-year-old>

Students will decide how many times a 4th grader should laugh. Students will then write a lesson to explain the health benefits of laughing to 4th graders. In the plan, students will also find or write jokes, skits, stories, or songs designed to make 4th graders laugh. Teachers can supply a template for a lesson plan, or they can use the NCR form.

Students will visit the 4th grade, explain the health benefits of laughing, then tell the jokes, stories, etc. in an effort to make the 4th graders laugh. An amateur comedian will visit the MS students for a real-world description of comedy.

Outcomes:

- All students and teachers will learn that appropriate laughter is a healthy practice.
- All students will take away several jokes, songs, or skits that they consider to be funny to share with family members.