



Session 11: Leadership and Service

Learning Goals

Students will explore character traits of leaders, examples of service, and design children's books for their school that teach tolerance and acceptance.

Materials

- *Martin's Big Words* by Doreen Rappaport
- Poster paper
- Construction paper
- Markers or crayons
- Stapler
- Food and Exercise Logs (see Resources)

Warm Up

Estimated Time: 10 minutes

Facilitator introduces today's themes, Leadership and Service. Being a leader means doing things that people can look up to. Service is when you do something for other people that they need.

Human Web—In groups of ten, students form a circle and must connect hands with people who are within the circle but are not directly beside them. Students must try to untangle themselves to get into a perfect circle again without letting go. (They may talk to each other to accomplish this.) Time them to see how long it takes.

Debrief: Why Does This Matter?

Did we accomplish our goal?

If not, why not?

If so, what helped us to accomplish our goal?

Were there people who gave suggestions during the activity? (What was their tone; did everyone listen to them?)

In what ways have all of you acted as leaders during Building Healthy Communities? (Examples include by modeling healthy behavior for others, by telling people about how to be healthy, etc.)

Work Out

Estimated Time: 35 minutes

Context: How Does This Impact Me and Others?

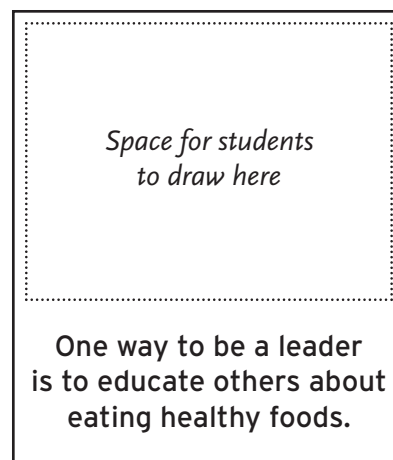
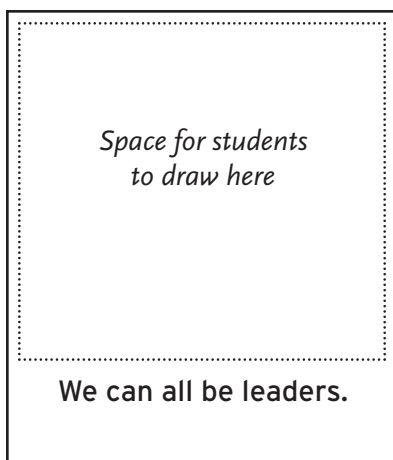
Students will explore leadership and service within the context of Dr. Martin Luther King, Jr. They will make connections between Dr. King's legacy of service and the ordinary ways that each student can lead and serve their communities by helping to make them healthy.



Activity: What Can I Do?

- Ask students to spend a few minutes filling in their Food and Exercise Logs (see Resources).
- Facilitator reads *Martin’s Big Words* aloud and asks students to think about the story. Questions may include: In what ways was Dr. Martin Luther King, Jr. a leader? How did he serve his community? How will you act as a leader and serve your community?
- Students will show leadership and service by creating their own Leadership and Service Children’s Book.
- Facilitator staples together sheets of construction paper and distributes to each student this blank Leadership and Service Children’s Book. For younger students, facilitators may want to write words on each page, so that students will draw pictures rather than write a story (see below).
- Students make a cover with a title (Example: “We Can All Be Leaders!”)
- Students write a story and draw pictures for their book. They may create books about how to complete a specific service project, such as creating healthy flyers, or write and illustrate a story about a boy or girl who does something ordinary or extraordinary to help the community to become healthier.
- Students may donate their books to the school library or to a local community center.

Example of pages from a blank Leadership and Service Children’s Book in which facilitator has written words in advance on each page.



Cool Down

Estimated Time: 5 minutes

Reflection: What is the Big Picture?

Encourage students to reflect on today’s themes, Leadership and Service, by discussing what they learned about big and small ways that they can act as leaders in their community. Ask each student to give one example of how they have acted as a leader in Building Healthy Communities, or how they plan to act as leaders in the future.

Lesson Extensions

(Optional)

Play Leader by Design—One person leaves the room: that person is “it”. The rest of the group stands in a circle. One student (the leader) starts a motion such as tapping shoulder and everyone must follow suit without letting the person who is “it” know who started the motion. Everyone repeats the motion until the leader changes to a new motion such as wiggling fingers and all keep wiggling until the leader changes again. The leader and group should practice changing motions a few times and be doing a motion when the “it” person comes back to the center of the circle for 3 guesses of who is the leader. The leader then becomes “it” and leaves the room while a new leader is selected for the next round.