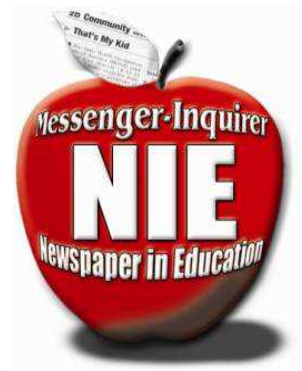




HEALTHY ME! LESSON PLAN



Topic: How the Foster Grandparent Program Helps Kids, Seniors

Date: October 25, 2018

Objectives:

- Students will learn about the Foster Grandparent Program and how it helps children.
- Students will learn about the health benefits of volunteering.
- Students will be challenged to think about how they feel after helping someone else.
- Students will improve reading comprehension and application of new concepts.

Discussion Questions:

1. The author writes about a local program that pairs older Americans with children who need additional assistance to develop good study habits and improve behavioral skills. What is the name of the program and how is it funded?

2. While the children who participate in the program certainly benefit, the volunteers also benefit. According to a study cited by the author, what are some of the health benefits of volunteering? She lists 10. Can you name two of them?

3. According to the author, volunteering affects our mood and sense of well-being. Can you think of a time when you felt happier after helping someone else?

4. The study also found physical and health benefits of volunteering. Why do you think someone might be less likely to develop high blood pressure or heart disease if they volunteer?

5. Finally, the study found that those who volunteer experience improved cognitive skills. The word “cognitive” refers to brain activity such as thinking, reasoning or remembering. Why might these skills from volunteering?

6. According to the author, how many volunteer Foster Grandparents participated in the program during the last school year and how many children were served?

7. To make sure that everyone who serves as a Foster Grandparent is safe, what are some of the protections the organization requires? The author names four requirements. Can you name two?

8. How many hours must Foster Grandparents work to qualify for pay and other benefits?

9. The author talks about two categories of students who are at risk for social and financial issues in their lives if they do not meet certain benchmarks. What are these two groups?

Preschoolers who are not _____ to enter _____

Children who cannot _____ by the _____

10. At the end of the school year, the impact of the Foster Grandparent program was assessed. According to the author how successful was the program?

_____ % of students improved their behavior and academic skills.

_____ % of Foster Grandparents volunteers said they experienced improved physical and mental health and increased financial security.

Would you consider that a successful outcome? Why or why not?

MORE INFORMATION

The Foster Grandparent Program

Corporation for National & Community Service

“What is the Foster Grandparent Program?”

<https://www.nationalservice.gov/programs/senior-corps/senior-corps-programs/fostergrandparents>

Audubon Area Community Services

“Requirements for Volunteering”

<https://www.audubon-area.com/programs-and-services/foster-grandparent>

Benefits of Volunteering

HelpGuide

“Volunteering & Its Surprising Benefits”

<http://www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm>

Corporation for National & Community Service

“The Health Benefits of Volunteering & Review of Recent Research”

http://www.nationalservice.gov/pdf/07_0506_hbr.pdf

John Hopkins University

“Brain Benefit for Seniors Who Volunteer”

<https://www.futurity.org/brain-benefit-for-seniors-who-volunteer/>

Nonprofit Hub

“8 Long-Term Health Benefits of Volunteering”

<https://nonprofithub.org/featured/8-long-term-health-benefits-of-volunteering/>

Long-Term Effects for Those Who Cannot Read by Third Grade

Foster Grandparents focuses on “at-risk” children to reduce the numbers that cannot read by third grade. This measurement is often used as a predictor for future academic and social challenges.

The Campaign for Grade Level Reading

“3rd Grade Reading Success Matters”

<https://gradelevelreading.net/uncategorized/study-links-3rd-grade-reading-poverty-and-hs-graduation>

KIDS COUNT Study

Early Warning! Why Reading by the End of Third Grade Matters

Download Report: https://www.aecf.org/m/resourcedoc/AECF-Early_Warning_Full_Report-2010.pdf

Read about the findings from the Annie E. Casey Foundation:

<https://www.aecf.org/resources/early-warning-why-reading-by-the-end-of-third-grade-matters/>