Telling Your Story Lesson Plan

Copyright @iCAN 2019

iCAN
International Children's Advisory Network

Directions for use:

- iCAN in collaboration with Rebecca Williams, Eli Lilly and Jumo Health have created a comprehensive learning module to help iCAN Youth Members share their stories. The learning module activities are developed in guidance with age groups from 8-18+ and have been reviewed by educators, researchers, chapters and young people. We hope you find the activities to be educational and fun. Please review the lesson plans to gain better understanding on how to direct the following learning activities provided.
- iCAN Youth Members may complete their learning activities using www.icanresearch.org.
- Direct Youth Members on using the learning modules, either in group meetings or by self -study.
- At the end of each learning module, a checklist will be provided listing the activities that the students have completed.
- Students will need to mark on the checklist the activities they have completed and provide it to their Group Leaders in order to complete the lesson.
- Certificates of completion may be awarded by iCAN Chapter Leaders when the student has completed their lesson plan and has provided proof of the completion by presenting their checklists to their leader. **Certificates may be found on www.icanresearch.org.**

Tips for Success for iCAN Chapter Leaders:

1. Refer to any public speaking activities as "telling your story" rather than calling it "public speaking". The terminology "public speaking" can be intimidating, especially to kids (Publicspeakingpower, 2014).
2. Always seek ways to provide positive feedback. If you feel that you must give negative feedback, place your negative feedback between two positive statements regarding what the speaker did well (Publicspeakingpower, 2014).
    - *Encourage participation by focusing on why it is important for the kids to tell their story.*

      (-Mr. John Pratt)

3. Examples of reasons "why" it may be important for iCAN youth members to tell their stories:
    - iCAN Youth Members can learn how to advocate for themselves
    - iCAN Youth Members can help make changes for the better
    - iCAN Youth Members can help someone else who is struggling to be encouraged

4. Use these resources as tools of encouragement for the practice of public speaking
5. Videos produced by iCAN Youth Members may be featured on iCAN's website at www.icanresearch.org.

iCAN Multimedia Disclaimer:
https://www.icanresearch.org/multimedia-disclaimer

Table of contents

Pre Med Specialist 8-10. Fundamental (awareness/basic knowledge) page 3

Medical Apprentice 11-12. Novice (learning experience)..... page 4

Clinical Authority 13-14. Intermediate (practical application)..... page 5

Medical Associate 15-16. Advanced (applied theory)..... page 6

Medical Expert 17+ Expert (recognized authority)..... page 7

All participants or group activities 8-18..... page 8

“We’re the Heroes” song lyrics ..... page 9

iCAN Multimedia Disclaimer:
https://www.icanresearch.org/multimedia-disclaimer

Pre Med Specialist 8-10. Fundamental awareness/basic knowledge

Objective	Content	Activity
To increase self-advocacy within the medical field and "telling your story" • Describe qualities of superheroes • Explain the positive attributes of superheroes • Practice public speaking techniques	Encouragement of public speaking and self-advocacy through positive reinforcement and positive message to be a "Super Story Teller" • Provide a positive space for "story telling" (Publicspeakingpower, 2014). • Allow assertion of individuality while providing positive encouragement as well as positive reinforcement (CDE, 2000).	Jumo Health Complete the drawing "Tell Your Story!" (Jumo Health, 2019) • Complete the drawing with a place you would like to visit • Tell a story about a place you would like to visit Jumo Health Connect the Dots "Tell Your Story!" (Jumo Health, 2019) • Connect the numbers to create a picture • Tell a story about what is going on in this picture

iCAN Multimedia Disclaimer:
https://www.icanresearch.org/multimedia-disclaimer

Medical Apprentice 11-12. Novice (learning experience)

Objective	Content	Activity
To increase self-advocacy within the medical field and "telling your story" • Recognize positive attributes of leaders • Identify leadership qualities needed in self-advocacy • Practice public speaking techniques • Promote self-advocacy by the facilitation of communication and encouragement of asking questions	Encouragement of public speaking and self-advocacy through positive reinforcement and positive message, learning the attributes of those who lead • Attributes of those who lead: *"Listen, get your work done, be a team player, volunteer, be open to opportunities, be willing to get in the trenches with your team"-Leanne West* • *"Nurses in this study identified powerlessness, lack of support, law, code of ethics and motivation, limited communication, physicians leading, risk of advocacy, royalty to peers, and insufficient time to interact with patients and families as barriers to advocacy." (Negarendeh, et al, 2006).* • *Enablement of self-advocacy stems from encouragement of the people to make decisions within their own life, to use their own words, and to be respected as an individual (Schalock et al, 2002).*	<u>Word search: "Inspire With Positivity"</u> • Choose five words found in the word search. • Take those five words and put them into a story <u>Hidden Pictures: "Asking Questions"</u> • Within the picture find and circle the hidden lightning bolts • Tell us a story about what questions you might want to ask if you were asked to participate in a research study

Clinical Authority 13-14 Intermediate (practical application)

Objective	Content	Activity
To increase self-advocacy within the medical field and "telling your story" • Demonstrate positive public speaking habits • Examine the value of personal inquiries • Practice public speaking techniques	Encouragement of public speaking and self-advocacy through positive reinforcement, practice in "story telling" techniques/ how to get your story out • Story telling techniques include encouragement of giving many speeches, being expressive, providing lots of eye contact, taking advantage of the full stage provided, limiting fidgeting and using hands to demonstrate action verbs (Toastmasters, 2019).	Winning big game: "Story-telling Techniques" • Read through linked resources to help you win big! • Play the Winning Big game! • Answers are good speaking habits and an introductions to famous leaders and public speakers
		iCAN video: "Story-telling Techniques" • Watch the following iCAN video: **iCAN Explains Why it is Important to Ask Questions:** https://www.youtube.com/watch?v=DB51esRb23s (Ohmer, 2019) • Create a 2-3 minute video of yourself, using a speaking habit from the Winning Big game, telling a story about a person (currently living or deceased) who inspires you and why

Medical Associate 15-16 Advanced (applied theory)

Objective	Content	Activity
To increase self-advocacy within the medical field and "telling your story" • Develop an understanding of one's own inspirations • Practice public speaking techniques • Practice self-advocacy about one's own medical needs	Encouragement of public speaking and self-advocacy through positive reinforcement and learning about who you are and what inspires you • One storytelling technique for public speaking improvement is to provide encouragement of practicing giving many speeches (Toastmasters, 2019). • *"A video camera is a great way to teach people how to get up in front of a crowd. It is a stepping stone to the stage."* (Publicspeakingpower, 2014). • Adolescents are working towards achieving their own sense of identity and individuality (Cortland.edu, 2019).	Finish the sentence: "Who are you?" • Watch the following Ted talk: ***Want to*** Change ***the World? Start By Being Brave Enough to Care*** https://www.ted.com/talks/cleo_wade_want_to_change_the_world_start_by_being_brave_enough_to_care?referrer=playlist-how_to_be_your_own_advocate (Wade, 2018). • Create a 2-3 minute video of yourself answering the following questions: I want you to know… I want you to see… I want to understand… I am inspired by… I want the future to… Jumo Health "Where are they?" Hidden Picture (JUMO, 2019) • Complete the Jumo Health's "Where are they?" hidden picture activity Tell us a story about how you would tell medical team about your healthcare needs when you are away from home.

iCAN Multimedia Disclaimer:
https://www.icanresearch.org/multimedia-disclaimer

Medical Expert 17+ Expert (recognized authority)

Objective	Content	Activity
To increase self-advocacy within the medical field and "telling your story" • Generate an idea to invent a product or process that will help change the world for the better • Compare personal qualities with those who are leaders in self-advocacy • Create a message on subject matter of personal choice • Practice public speaking techniques	Encouragement of public speaking and self-advocacy through positive reinforcement and finding what your own positive message is • One storytelling technique for public speaking improvement is to provide encouragement of practicing giving many speeches (Toastmasters, 2019). • "A video camera is a great way to teach people how to get up in front of a crowd. It is a stepping stone to the stage." (Publicspeakingpower, 2014). • Adolescents are working towards achieving their own sense of identity and individuality (Cortland.edu, 2019). *"Leaders hold a position of power or authority, but those who lead, inspire us." -Simon Sinek* (Sinek, 2009).	Invention idea: "What inspires you?" • Watch the following Ted talk: Cleaning our Oceans: A Big Plan for a Big Problem https://www.ted.com/talks/haaziq_kazi_cleaning_our_oceans_a_big_plan_for_a_big_problem (Kazi, 2018). • Create a 2-3 minute video of yourself talking about an idea you have to invent a product or process that will help change the world for the better Create your own "Ted talk": • Watch the following Ted talks: How Autism Freed me to be Myself https://www.ted.com/talks/rosie_king_how_autism_freed_me_to_be_myself (King, 2014). How Great Leaders Inspire Action https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action#t-1035981 (Sinek,2009) • Create your own 2-5 min TED talk on a topic of your choice.

All participants or group activities 8-18+

Objective	Content	Activity
To increase self-advocacy within the medical field and "telling your story" • Describe positive attributes in known leaders and advocates • Recognize positive attributes in self and others • Practice public speaking techniques	Encouragement of public speaking and self-advocacy through positive reinforcement and positive message to be leaders and advocates and speak up about what inspires you • Provide a positive space for "story telling" (Publicspeakingpower, 2014). • Allow assertion of individuality while providing positive encouragement as well as positive reinforcement (CDE, 2000).	Jumo Health coloring book activity (Jumo Health, 2019) Jumo Health spot the difference challenge: (Jumo Health, 2019) • Complete the Jumo Health's Spot the Difference Challenge • Tell a story about what is going on in this picture Lead positively Randomized pick of another group member- anonymously state three of their strengths or good things about them Guess who I am: Students, pick from list of famous or known leaders and world changers and tell us a story about who this person is or what they believe in, without saying the name of the person you picked. The group guesses who they think you are Song "We're the Heroes" *"Encourage participation by having students stand and at least be mouthing the words." "They won't sing by themselves, but they love to sing with their teacher." "Kids love this stuff!" "Even the older ones!"-Mr. John Pratt*

(Heick, 2018)

"We're the Heroes"

We stand up for those who do not have a stand.

We speak up for those who wish they could, but can't.

We're the voice that shares stories that people need to hear.

Superheroes fighting, even when we're scared.

We're the heroes taking flight. We know that we can

We're the heroes taking flight. We've got things to share. ***(repeat)***