

SUMMARY

In this lesson, students learn about what **LIVESTRONG** means.

**NATIONAL ACADEMIC STANDARDS
(DEVELOPED BY THE MID-CONTINENT REGIONAL
EDUCATIONAL LABORATORY – MCREL)****HEALTH:**

- > knows how to maintain mental and emotional health

LANGUAGE ARTS:

- > demonstrates competence in the general skills and strategies of the writing process
- > demonstrates competence in the general skills and strategies of the reading process

CIVICS:

- > understands the roles of voluntarism and organized groups in American social and political life

**STUDENT LEARNING
OBJECTIVES**

Students will demonstrate the ability to:

- > identify key issues related to people living with cancer

RESOURCES**ON THE SITE:**

- > Teacher Sheet, "Questions and Answers about Cancer"
- > Video, "**LIVESTRONG**"
- > Worksheet, "Lance Armstrong Survivor Story"

ON YOUR OWN:

- > video player
- > drawing paper and colored markers

PREPARATION

1. Read the teacher sheets, "**Questions and Answers about Cancer**" and "**Lance Armstrong Survivor Story**". Use the content as background for the lessons and for answering questions from students.
2. Download the video, "**LIVESTRONG**" and set up on a computer or TV for viewing by the students. (If you have trouble downloading the video, make sure you have the latest version of QuickTime.)

THE LESSON

1. Many cancer survivors, including Lance Armstrong, believe that surviving cancer helps them to appreciate life more. After surviving cancer, survivors may choose to get involved in many different things, such as making a change in the community, helping other cancer survivors to get through their treatment, making a dedication to making healthy lifestyle choices and/or leading by example. The LAF helps to support people to do all of these things and more, and believes all of these types of things are ways to live life on your own terms – **LIVESTRONG**.
2. Tell students they are now going to watch a video in which people talk about what **LIVESTRONG** means to them. Ask students if they have heard someone say **LIVESTRONG** or seen the yellow wristband that says the same. If they have, hold a short conversation about what they think **LIVESTRONG** means.
3. Show the "**LIVESTRONG**" video.
4. Have a class discussion about what **LIVESTRONG** meant to the people in the video.

5. Write the following statements on the board:
 - > **LIVESTRONG** means helping other people.
 - > **LIVESTRONG** means leading by example.
 - > **LIVESTRONG** means making a difference.
6. Dependent on the age-level of your class, have students use the statements to:
 - > color a picture that shows how people incorporate the idea of **LIVESTRONG** into their lives.
 - > write examples of what people do to incorporate the idea of **LIVESTRONG** into their lives.
 - > write a story about how people incorporate the idea of **LIVESTRONG** into their lives.
7. Facilitate the activity by using any of the following strategies:
 - > Divide students into groups and have them each complete the activity
 - > Assign certain groups certain statements
 - > Work with the class as a whole on all or some of the statements

Check for Understanding

8. When students are finished, ask for volunteers to share what they have created. Consider collecting them into a booklet and making copies for everyone.
 - > **LIVESTRONG** means helping other people.
STUDENTS MAY WANT TO FOCUS THEIR RESPONSES ON VOLUNTEERING, BEING A GOOD FRIEND, OR PROVIDING SUPPORT TO LOVED ONES.
 - > **LIVESTRONG** means leading by example.
STUDENTS MAY WANT TO FOCUS THEIR RESPONSES ON MAKING HEALTHY CHOICES SUCH AS NOT SMOKING, WEARING SUNSCREEN OR GOING TO THE DOCTOR ON A REGULAR BASIS
 - > **LIVESTRONG** means making a difference.
STUDENTS MAY WANT TO FOCUS THEIR ANSWERS ON PARTICIPATING IN EVENTS WITH CANCER ORGANIZATIONS, GETTING INVOLVED WITH POLITICAL ADVOCACY OR SHARING INFORMATION WITH OTHERS ABOUT CANCER AND CANCER SURVIVORSHIP.
9. Have students come up with their own statement of what **LIVESTRONG** means to them.

Extension Activities: If you would like to emphasize this lesson with students, you can review the **"Get Involved"** booklet to learn more about how your students and your school can become advocates for people affected by cancer by participating in **LIVESTRONG** events in your community, raising funds for cancer research, accessing information about people living with cancer, or increasing cancer awareness.