Objective:

1. Students will be able to identify at least (2) ways in which they can help a friend or relative who may be sad or depressed.

Materials Needed: book, vocabulary flash cards

Agenda:

1. Reader Introduction (2 min)
2. Pre-reading questions (5 min)
3. Vocabulary Discussion (5 min)
4. Book reading (13 min)
5. Post-reading questions (3 min)
6. Closure (2 min)

Pre-reading questions:

What is a hero? Do you know any real-life heroes? Can you think of any reasons why a real-life might ever become sad? How do you know when someone is sad? How can we help friends or relatives who may be sad or depressed?

Vocabulary:

1. hero
2. veteran
3. assistance dog
4. donated
5. lawyer

**The Lesson**

Script

*Good afternoon scholars. My name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I work with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I’m very excited about spending some time with you today and I’d like to share a book with you titled* ***Helping a Hero****. Before we read the book, I’d like to ask some questions. Have you ever heard the word “hero”? What is a hero? Do you know any real-life heroes? Can you think of any reasons why a real-life might ever become sad? How do you know when someone is sad? How can we help friends or relatives who may be sad or depressed?*

***(Alternate calling on boys and girls to answer the questions. When calling on students, ask them their names, repeat their names and the questions, and thank them by name once they have given the response.)***

*Today, we will read about a girl who notices something different about her uncle, but before we read, I want to make sure that you all understand any unfamiliar words in the book.* ***(Pull out vocabulary flash cards. Show students each card. Call on students-alternating boy/girl and ask students to read the word and tell what it means. Remember to ask students their names, repeat their names, and thank them by name once they have participated.)***

Read the book, stopping at key points:

***Pg 8:******What do you notice about Uncle Jimmy?*** *(Encourage students to point to specific actions.*

*Possible Answers: He doesn’t want to go outside, He no longer calls Bree “Breezy”. He won’t take out the trash.*

***What do you think he is acting this way?***

*Possible answers: Perhaps he is sad/depressed.*

***Pg 13:******What do you think the man meant when he said that the assistance dog was “working”?****(Refer back to definition of “assistance dog” if necessary).*

*Possible answers: Maybe the dog was helping the man to feel more comfortable.*

***(After reading book)***

*Why do you think the author wrote this book?*

*Why do you think the book is titled,* Helping a Hero?

*What do you think the author wanted us to learn?*

*What are some ways that you can help a friend or a relative who may be depressed?*

*Who can you go to if you or someone you know is acting like Uncle Jimmy?*

***Closure:***  *Boys and girls, I want to thank you for sharing your classroom with me today. I really enjoyed spending time with you.*