

AAMN Future-RN Lesson Plan Template - 3rd Grade

Location _____

Date/Time _____

Lesson Focus

Provide 3rd graders with information about a career in nursing and how to live healthier lives.

Needs Assessment

[After meeting with the teacher(s) and sharing this lesson plan template, identify any specific student needs and teacher preferences for activities]

Resources/Materials/Equipment

- Stethoscopes
- Blood pressure cuffs
- Pulse oximetry probes
- Thermometers
- Scales
- Hand washing with a blacklight
- Concept mapping as a group (summarize the event)
- Gratitude
- Tissue/ Gloves paint, germ transfer)
- Coloring pages
- Puzzles (crossword, word find, Bingo)
- Oral care kits (partner with local dentist)
- Nutrition (how to select healthy foods and connect with local fast food chains that are semi-healthy).
- Games (jump rope, chalk, teamwork games like relay races, etc).
- Smoking prevention/vaping
- Mental health, bullying prevention, etc
- What is a nurse? What does a nurse do? Who can be a nurse???

Learning Objectives

- By the end of this session, learners will understand and apply concepts on how to have a healthy mind and body (hygiene, nutrition, exercise, & mental well-being)
- By the end of this session, learners will understand the nursing role of collecting information from patients and demonstrate collecting data (vital signs, etc).
- By the end of this session, learners will understand and apply concepts to improve the health of their community and relationships (civility, communication, working together).

Procedures/Activities

Activity 1a: Your Healthy You (Health Promotion: hygiene)

- Education: Germs are spread through contact with other people and objects.
- Objectives: Students will learn how germs are spread.
- Supplies/Resources:
 - Box of extra small gloves
 - Tissue box
 - Finger paint
 - Applicator (ex; tongue depressor)
- Hands-on practice:
 - Explain how germs make us sick and coughing/sneezing into our hands can spread germs to our friends.
 - Have children don gloves.
 - Friend one will have some finger paint (germs) applied to the gloves and take a tissue and then pass the tissue box.
 - As the tissue box is passed, paint transfer will illustrate how germs are spread to others.
- Evaluation:
 - Post tests for evaluation of learning can be found in the resources for RN or teachers.

Activity 1b: Your Healthy You (Health promotion: hand hygiene)

- Education: The importance of handwashing and use of hand sanitizer
- Objectives: Students will be able to: express when to wash their hands
 - Demonstrate how to wash their hands with soap and water and hand sanitizer
- Supplies/Resources:
 - Soap and water
 - Hand sanitizer
 - Glow germs or finger paint
 - Portable black light if using Glow Germs
- Hands-on practice:
 - Explain how washing hands removes germs.
 - Demonstrate hand washing for at least 20 seconds (while singing ABC's, Happy Birthday or Twinkle Twinkle little star).
 - Apply Glow germs or a small amount of finger paint to each child's hands.
 - Bring each child to the sink and allow them to wash their hands
 - Have the children examine their hands (in a dark area with the black light if using glow germs).
 - Have each child demonstrate using hand sanitizer until the hands are dry.
- Evaluation:
 - Visualize student handwashing and use of hand sanitizer

Activity 1c: Your Healthy You (Health Promotion: nutrition/exercise)

- Education: Good food choices for a healthy body
- Objectives: Students will be able to:
 - Identify the five main food groups and name a variety of nutritious examples of foods in each.
- Supplies/Resources:
 - Donated coupons from "Healthy/Healthier" option fast food restaurants

Assessments

- Measure learner knowledge - Group discussion. What do we learn today?
- Measure learner engagement - observe engagement (Smiley face scales)
- Measure learner enjoyment - Smiley face scale, thumbs-up/thumbs-down, cheering
- Measure teacher satisfaction - F2F conversation, follow-up email/phone call
- Measure teacher experiences - F2F conversation, follow-up email/phone call
- Measure teacher perspectives - F2F conversation, follow-up email/phone call

Activities

The roles and responsibilities of the nurse using activities to demonstrate:

- **Health Promotion**
 - Hand hygiene / Oral health
 - Making good food choices
 - Exercise
- **Obtaining Assessment Data**
 - Vital signs
 - Weights (BMI)
 - Using stethoscope
- **Educating**
 - What's appropriate (weight, touch, foods, hygiene, screen schedule)
 - Germs - how they transfer
 - Smoking
- **Professional Development**
 - Mental health (incivility, how to communicate, mindfulness)
 - Engage with peers/community (Schools, conferences, associations)
 - Schooling (Community College, scholarships, aligned classes)
- **Providing Resources**
 - <https://www.myplate.gov/life-stages/kids>
 - <https://health.choc.org/how-to-have-hard-conversations-with-your-children/>
 - <https://positivepsychology.com/mindfulness-for-kids/>
 - <https://www.healthychildren.org/English/health-issues/conditions/obesity/Pages/Body-Mass-Index-Formula.aspx>
 - <https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Bullying-Its-Not-Ok.aspx>