

# ➤ VOLUNTEERING: BUILD YOUR PURPOSE

Target Group: **Years 9 and 10**

Australian Curriculum Reference: **Health and Physical Education**

- + Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities (ACPPS096).
- + Plan and evaluate new and creative interventions that promote their own and others' connection to community and natural and built environments (ACPPS097).
- + Critique behaviours and contextual factors that influence the health and wellbeing of their communities (ACPPS098).

## LESSON SUMMARY

Students will explore and reflect on how volunteering benefits themselves and others to produce a positive community and give individuals positive purpose.

Lesson content includes:

- + what it means to be a volunteer
- + sharing volunteering experiences
- + what a positive community is and what they can achieve
- + the benefits of volunteering, for oneself and others.

## LESSON CONTENT AND METHODOLOGY

### INTRODUCTION

- + The teacher explains to students that they will be looking at what positive purpose, positive communities and *paying it forward* mean, and how these apply to their lives and actions.

### BODY

#### Building your purpose and giving life meaning

- + Students complete Worksheet 1 individually, and then share their responses with a group of four other students.
- + Each group is invited to share with the whole class one of the things they think volunteering contributes to positive purpose.

### Positive Communities

- + The teacher introduces the concept of positive communities and the definition provided on Worksheet 2. Students complete the worksheet.
- + The teacher leads class discussion by inviting students to talk about positive experiences with communities that they belong to, or have belonged to.

### My Meaning/Purpose

- + The teacher shows students the following paragraph and invites students to discuss what they think it means.

*Of all the strategies I have observed in the implementation of values education, the single most transformational strategy is when students are allowed opportunities to be something for others – to give. Giving to others makes for meaningful happiness, which is higher and more stable than pleasurable happiness (e.g. eating ice creams or playing video games). Worldwide, there is now a body of evidence showing that service to others is a strong predictor of increased mental and physical health into adulthood and reduced adolescent depression and suicide risk (Teaching Care and Well-being: [www.thomaswnielsen.net/?p=47](http://www.thomaswnielsen.net/?p=47))*

### Paying it Forward

- + Teacher introduces the concept of paying it forward by having students watch the following videos, and then students complete Worksheet 3.
- + *Pay it Forward*: [www.youtube.com/watch?v=5ZTm-iYUpm4](http://www.youtube.com/watch?v=5ZTm-iYUpm4)
- + *Pay it Forward: Are you ready to do the world a favour?* [www.youtube.com/watch?v=gw0Lvr4eK-k](http://www.youtube.com/watch?v=gw0Lvr4eK-k)
- + *You will definitely share this (PAY IT FORWARD)*: [www.youtube.com/watch?v=xxrpO9vPeY0](http://www.youtube.com/watch?v=xxrpO9vPeY0)

### CONCLUSION

Teacher outlines the written assignment that will form part of the assessment for this work.

### ASSESSMENT

- + Students submit the work they have completed on the worksheets.
- + Students will present an individual 500 word written response to the question: *how does volunteering contribute to creating positive communities?*

### RESOURCES

- + Teaching Care and Well-being: [www.thomaswnielsen.net/?p=47](http://www.thomaswnielsen.net/?p=47)
- + *Pay it Forward*: [www.youtube.com/watch?v=5ZTm-iYUpm4](http://www.youtube.com/watch?v=5ZTm-iYUpm4)
- + *Pay it Forward: Are you ready to do the world a favour?* [www.youtube.com/watch?v=gw0Lvr4eK-k](http://www.youtube.com/watch?v=gw0Lvr4eK-k)
- + *You will definitely share this (PAY IT FORWARD)*: [www.youtube.com/watch?v=xxrpO9vPeY0](http://www.youtube.com/watch?v=xxrpO9vPeY0)
- + Worksheet 1: Volunteering: Build your Purpose
- + Worksheet 2: How do we create positive communities?
- + Worksheet 3: My Meaning and Purpose

# WORKSHEET 1

## Volunteering: Build your Purpose

Name: \_\_\_\_\_

Positive Purpose: Understanding, believing in and serving something greater than yourself and deliberately engaging in activities for the benefit of others.

What do you think it means to be a volunteer?

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Describe a time when you have volunteered in some capacity. Explain why you chose to do so.

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List as many volunteering opportunities you can think of that exist in your local community (you will be sharing your list with others in the group).

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How can volunteering contribute to positive purpose?

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## WORKSHEET 2

### How do we create positive communities?

A community is a grouping of people who have something in common. This could be location, characteristics, interests, or a combination of each.

What communities have you been a part of?

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- +
- +
- +

Think of a time when you achieved something positive as part of a community		
What happened? What did you do?	Where did it happen?	Who was involved?

## WORKSHEET 3

### My Meaning and Purpose

My purpose in life is

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My purpose at school is

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Five things I stand for today are

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## WORKSHEET 3 (PAGE 2)

### Pay It Forward

Who have you ***paid it forward*** to lately and how?

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Who has ***paid it forward*** to you and how?

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What one commitment will you make today to ***pay it forward*** to someone in the next three days?

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