



# Lead On!

## A Leadership Skill-Building Presentation for Grade 5-8 Students

### What is Lead On?

The Lead On workshop teaches students in grades five to eight effective leadership strategies for motivating and engaging fellow peers in student-run school initiatives.

### What are the benefits?

Students will learn about communication, conflict resolution, decision-making, stress, and motivation as they develop leadership skills, self-confidence and resilience. The interactive training enables students to practice skills required to engage peers and support initiatives related to the Healthy School action plan.

### Where, when and how?

The Lead On workshop is provided to preselected student leaders identified by the Healthy Schools Teacher-Champion. It may also be requested to engage students and build leadership skills in order to optimize their ability to lead student-run school initiatives such as Peer Leadership for Active Youth and the Healthy Schools Student Club. Your Public Health Nurse can deliver the workshop over a three-hour period or spread over two or three shorter sessions.

### Role of the teacher/champion:

- Recruit student leaders interested in starting a student club
- Plan with the administration and the Public Health Nurse where, when and how the Lead On workshop will be provided to a group of student leaders or to a select class or students
- Work with the Healthy Schools Champion and the Public Health Nurse to create leadership opportunities that support the Healthy Schools action plan
- Provide an LCD projector and laptop computer for the workshop

### The Lead On Workshop consists of:

- A three-hour interactive workshop with practical decision-making activities, guided discussion and role play exercises to enhance learning and build student capacity and confidence
- Turn this page to view how the workshop links to the Ontario Health and Physical Education Curriculum



## Grade 5

### Language Curriculum:

#### Oral Communication:

- 1.1 Purpose for listening
- 1.2 Active listening
- 1.8 Point of view
- 2.1 Purpose for speaking
- 2.2 Speaking behaviour
- 2.3 Clarity & coherence
- 2.4 Appropriate language
- 2.5 Vocal skills
- 2.6 Non-verbal cues
- 3.1 Metacognition

### Health and Physical Education Curriculum:

#### Living Skills:

- 1.1 Stress
- 1.2 Stress
- 1.3 Communication
- 1.4 Teamwork
- 1.5 Decision making (Goal Setting/Problem Solving/Critical Thinking)

#### Healthy Living Skills:

- C2.2 Conflict resolution, assertiveness
- C2.4 Stress and relationships

## Grade 6

### Language Curriculum:

#### Oral Communication:

- 1.1 Purpose for listening
- 1.2 Active listening
- 1.3 Comprehension strategies
- 1.8 Point of view
- 2.1 Purpose for speaking
- 2.2 Interactive strategies
- 2.4 Appropriate language
- 2.5 Vocal skills
- 2.6 Non-verbal cues
- 3.1 Metacognition

### Health and Physical Education Curriculum:

#### Living Skills:

- 1.1 Self-awareness, Stress,
- 1.2 Coping skills, Stress
- 1.3 Communication
- 1.4 Social skills, Teamwork
- 1.5 Decision making (Goal Setting/Problem Solving/Critical Thinking)

#### Healthy Living Skills:

- C2.3 Conflict management
- C2.6 Decision making, relationships

## Grade 7

### Language Curriculum:

#### Oral Communication:

- 1.1 Purpose for listening
- 1.2 Active listening
- 1.3 Comprehension strategies
- 1.6 Extending understanding
- 1.7 evaluating oral texts
- 1.8 point of view
- 1.9 presentation strategies
- 2.2 speaking behaviour
- 2.3 Clarity & coherence
- 2.4 Appropriate language
- 2.5 Vocal skills
- 2.6 Non-verbal cues
- 3.1 Metacognition

### Health and Physical Education Curriculum:

#### Living Skills:

- 1.1 Self-awareness, stress
- 1.2 Coping skills, stress
- 1.3 Communication
- 1.4 Social Skills, teamwork
- 1.5 Decision making (Goal Setting/Problem Solving/Critical Thinking)

#### Healthy Living Skills:

- C2.2 Responding to bullying
- C3.3 Relationships

## Grade 8

### Language Curriculum:

#### Oral Communication:

- 1.1 Purpose for listening
- 1.2 Active listening
- 1.3 Comprehension strategies
- 1.5 Making inferences
- 1.6 Extending understanding
- 1.9 Presentation strategies
- 2.1 Speaking in a variety of situations
- 2.2 Appropriate behaviour
- 2.3 Clarity and coherence
- 2.4 Appropriate language
- 2.5 Vocal skills
- 2.6 Non-verbal cues
- 3.1 Metacognition

### Health and Physical Education Curriculum:

#### Living Skills:

- Self-awareness, Stress
- 1.2 Coping skills, Stress
- 1.3 Communication
- 1.4 Social skills, teamwork
- 1.5 Decision making (Goal Setting/Problem Solving/Critical Thinking)

#### Healthy Living:

- C2.3 Mental health, relieving stress
- C3.2 Impact of anger and aggression