

♥ Heartfelt Thanks ♥

ND 4H Hearts for Healthcare Workers Lesson Plan

Introduction

Welcome.

Do you know anyone who works in the health care field?

What do you see healthcare workers doing on TV/the internet?

How do you think their work has changed from a year ago?

What qualities do you think healthcare workers need to do their job today? How would you describe today's healthcare workers?

The qualities of Were mentioned. In what ways do you see these qualities in healthcare workers?

We know health care workers have been doing a lot to keep the Covid-19 virus from spreading and caring for those who have it. This has meant many sacrifices on their part. What sacrifices have you heard they have been making?

(What sacrifices might these include?)

Experience- Activity

Who can give an example when they were encouraged by someone's words describing what they did or accomplished? How do you feel when someone encourages you by their words?

Because the time of battling the pandemic has extended over many months it has been hard for healthcare workers to keep doing their work. What can we do to help?

Let's work together to let them know they are appreciated. Let's send an uplifting message to healthcare workers. Join the Heartfelt Thanks campaign and invite family members and community members to do so also. Templates to use can be found here:

https://www.ndsu.edu/4h/covid_19/resources/ (search for "thank you card")



You can thank them for what they have done, who they are or a quality you admire in them. If you do not know what to write you might consider talking about the qualities they have had to use. Perseverance, working extra hours, not having as much family time for their family, not

being able to see their family members, courage, overcoming fear to do their work each day, overcoming grief when they lose patients to continue to give caring acts to their patients, endurance.

Who has an example of what they might write?

(Give your example.)

If members have a hard time thinking about what to write you may consider this:

Have an example of thank you notes posted around the room or on their tables for members to read as they arrive.

Or

Hand out an example thank you statement gathered from the internet to be read by older youth or parents. Ask them to read two or three that touched their heartstrings. (stood out as a nice message of appreciation).

Encourage members to write, draw, or designs messages for healthcare workers. Templates are provided as well as plain paper.

Reflection

What do you envision the healthcare worker as they read your message? What do you think their reaction will be? What feelings might they have?

How do you feel about making a message for healthcare workers?

What part of the activity did you like the most? What skills did you use when making your message? How does this activity reflect what we say in the 4-H pledge?

Application

Can you think of others who may be uplifted by receiving a written message? You can create and send them a note? Who is an additional person you plan to send a message to?

Everyone has the wonderful power to encourage and uplift those around them. You can thank them for what they have done, who they are or a quality you admire in them. You will warm their heart and put a smile on their face.

Thank you for being a part of the ND Hearts for Healthcare Workers campaign. I encourage you to invite others, family and community members, to the “Heartfelt Thanks” effort for North Dakota Healthcare workers. Drop-off boxes will be located at: ().

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