Supplemental Materials Guide – Online Learning

The following are optional tools to enhance early detection education. The objective of these activities is to reinforce the lessons from the presentation in a fun and relatable way. These assignments/activities may be graded or ungraded, depending on your personal preference.

INDEPENDENT ACTIVITIES

Worksheet – Recorded Presentation – a tool for taking notes on the presentation video  
**Estimated time:** (concurrent with video)

**Materials:** “Worksheet – Recorded Presentation”

**Instructions:** Students will follow along with the video presentation and answer the questions on the worksheet as they are discussed.

“Great” Checklist - an activity to help students practice setting a baseline for their normal health  
**Estimated time:** 5 minutes

**Materials:** “Activity - Great Checklist”

**Instructions:** Ask students to circle/highlight one emoji per category as it applies to them. Let students know that this is a private activity and answers will not be shared. Once students have selected emojis, ask them to reflect on what categories (if any) have lower ratings, and to be more aware of the categories over the next week (ex. – if you gave yourself a “2” for “Sleep Patterns”, check in with yourself over the next few days to see if there are any changes). Also ask students to make a note of any “4s” and “5s” – these ratings do not mean you don’t have to think about these categories, but now you have a baseline for what is “great” for you.

*The purpose of this activity is NOT to move all responses into a “4” or “5”, but to raise awareness of baseline health.

**OPTIONS:** Encourage students to make blank copies (or create their own checklist) to help them monitor their “great”.

Early Detection Detective – a fact-finding activity to practice early detection research  
**Estimated time:** 20 minutes

**Materials:** “Assignment – Early Detection Detective”, and internet access.

**Instructions:** Have students complete a scavenger hunt to find more information on [www.15-40.org](http://www.15-40.org) and answer the questions on the Assignment sheet. **TEACHER NOTE:** Answers for this worksheet are included in your Teacher Resources.

*BONUS:* Students write their own questions which can be answered with info from [www.15-40.org](http://www.15-40.org) and share them with the class.

Learn From Me story – a reading comprehension assignment which connects learning topics to real stories  
**Estimated time:** 20 minutes


**Instructions:** Students read “Learn From Me” story and answer the questions on the worksheet. Students can share answers with the class via discussion board or other platform to read about other Survivors.

**OPTIONS:** If students know any cancer survivors, they can interview them using the questions on the Worksheet.

GROUP / FAMILY ACTIVITIES

Heads Up – a game to reinforce the 3 Steps Detect. Can be played with family.  
**Estimated time:** 1 minute per clue

**Materials:** Printed “Heads Up Game” sheets OR computer with large screen to display clues, and 2-10 players (teams optional)

**Instructions:** Assign one person to be the Player. Have the Player stand facing the class. Display one clue behind the Player so that they cannot see the clue, but the rest of the group can. Have the group call out hints to try to help the Player guess the clue – without using any of the words in the clue’s phrase. Repeat with a new Player for each clue.

**OPTIONS:** This game can be played in teams or small groups (one set of “Heads Up Game” for each team). You can also have players come up with their own clues, and use those to play another round of the game.

Share With Someone – an assignment to reinforce learning by teaching 3 Steps Detect  
**Estimated time:** 30 minutes

**Materials:** “Assignment – Share With Someone”

**Instructions:** Students will teach someone in their household about 3 Steps Detect, using [www.15-40.org](http://www.15-40.org), their notes from the presentation, and/or videos from 15-40 Connection’s YouTube channel. They will use the worksheet to record their process / findings.