

Unit 6 - VOLUNTEERISM (service learning)

W2 - Assess, through participation in service learning opportunities and other means, how service learning enhances the well-being of the volunteer and to the individual or organization/community.



ACTIVITY #1:

Service learning is one of the outcomes in the Wellness 10 course. Please watch the following videos to learn more about how volunteering impacts our well-being and others:

Video 1: <http://www.youtube.com/watch?v=p37g0tQHhds> (1:31)

Video 2: <http://www.youtube.com/watch?v=flyiGMNGQyA> (1:26)

Video 3: <http://www.youtube.com/watch?v=q4je9N26ouY> (2:27)

List 3 reasons why is volunteering important to our community and our own health:

- 1.
- 2.
- 3.

ACTIVITY - Complete 12 hours of community service (**print off record sheet**).

Have an adult sign off on your responsibilities and time given to the organization/charity.

EVALUATION (out of 100 marks)

0%	100%
Did not complete 12 volunteer hours.	Completed 12 volunteer hours.