



LESSON PLAN

WHAT MAKES A HAIR-O?

The objectives of this plan are to get pupils talking about their heroes, what they think makes a hero and to discuss what an everyday hero might look like. Talk about some of Child Cancer Foundation's heroes, get crafty to make wigs and become Hair-o's for children with cancer.

THE LESSON PART 1

Students learn about Child Cancer Foundation and the nature of our work.

PREPARATION REQUIRED

Visit wigwednesday.org.nz to read about why your support is so important.

- Download and print enough wig templates for your class
- Prepare the wig-decorating resources

GROUP DISCUSSION



What makes a hero? What are the characteristics of a hero?

- Discuss what pupils are saying. Use examples – is Maui a hero because he's strong? Is Moana a hero because she's brave? Or is it because they help people?



If a hero is someone who helps or cares for others, ask the class to name some everyday heroes they know

- Students are likely to say mums and dads, doctors, nurses, firemen etc.



Introduce Child Cancer Foundation and Wig Wednesday

- Tell the class you're taking part in Wig Wednesday to raise money for Child Cancer Foundation, who help look after children who have cancer and their family.
- Share the information about Child Cancer Foundation Wig Wednesday ambassador Indiana and his family (see next page).

wigwednesday.org.nz



GROUP DISCUSSION

- Facilitate a brief discussion about Indiana and being a hero based on the characteristics identified earlier

Can we all be heroes?

- Explain to the class that when children go through treatment for cancer many will lose their hair. It is the medicines that help the child's body to fight the cancer cells that make their hair fall out. This will usually grow back after their treatment has ended.
- Some people may choose to wear a wig, beanie, hat or something else on their head until their hair grows back.

MEET INDIANA

"Indiana was diagnosed with a Wilm's tumour two weeks before Christmas. We got the shock of our lives to hear that our little 5 year old boy had this enormous tumour growing inside his kidney. Our family were rushed down to Christchurch the very next morning and Indiana began his chemotherapy treatment straight away in order to shrink the tumour to an operable size.

Being from Nelson and having Indiana's brother to care for simultaneously was an obstacle but Child Cancer Foundation supported us financially to be together as a family with Indiana over this time. We have found ourselves amongst a community of like-minded souls who have provided us with solidarity and practical support.

We continue to hope and pray for a full recovery for Indiana. Naturally we are incredibly grateful to Child Cancer Foundation being there to help us through this turbulent time. We have experienced their love and generosity when we needed it most and we will continue to walk with them through our cancer journey, side by side."

KATIE, INDIANA'S MUM



THE LESSON PART 2

WHY ARE WE TAKING PART IN WIG WEDNESDAY?

- Explain that Wig Wednesday is a day in June when people show their support for children with cancer by raising money for Child Cancer Foundation. One of the ways they might do this is by wearing a wig or doing something else fun with their hair.
- Ask the children to think of ways they could help a child coming back to school after being away for a long time because they were ill, to feel comfortable and not feel left out.

LET'S MAKE A WIG!

Details

- Print the wig templates at wigwednesday.org.nz onto A4 card.
- Tell the class that they will be making their own wigs and ask them to choose one of the templates to decorate.
- Distribute all the wig-decorating materials you have available. You may like to use any of the following: Coloured pens and pencils, glitter/glitter pens, stickers, pipe-cleaners, wool, coloured paper, cotton wool balls, patterned fabric - anything else you have available!
- Give the class time to create their own wacky wig.
- When they have finished decorating tell the class to cut out a strip of card long enough to fit around their head (they may like to use a piece of wool to measure how long the card should be).
- Tell them to glue the strip to the bottom of the back of the template, create a circle with the two ends and glue the two ends together.

AND NOW YOU HAVE YOUR WIG!

Now why not hold a wacky catwalk in a school assembly or as a show for the children's parents on Wig Wednesday. You could even ask parents to make a donation to watch the catwalk and raise even more money!

ADDITIONAL INFORMATION ABOUT CHILD CANCER

Our bodies are made up of trillions of cells. Cells make up our skin, muscles, bones, teeth, nails and even our hair, but they're so small that we can't see them unless we look under a microscope. Cancer is when some of the cells in the body start growing differently to other cells in the body. These cells can grow and divide very quickly and can sometimes clump together to form a lump which is called a tumour.

Because cancer cells grow so fast they can stop the healthy cells from being able to grow and do their job.

You may find it helpful to think of a garden that's overgrown with weeds. Weeds grow really fast and don't leave much room for the other plants and flowers to grow.

Cancer cells are a bit like weeds and they make it hard for the body to work as it should. The most common childhood cancers are leukaemia (cancer of the blood), brain tumours, kidney and bone tumours.

You may have heard people say things like "cigarette smoke causes cancer" and you might have learnt 'sun-smart' messages at school to prevent skin cancer. These are important things to know about adult cancers, but childhood cancers are different and aren't caused by things like smoking or sunburn.

- 80% of children with cancer are able to be cured.
- More than three children are diagnosed with cancer each week.
- Cancer cannot be caught from other people.
- No one knows why some children get cancer. What we do know is that it's not because of anything they did or didn't do.

Treatment you may have heard of: Radiotherapy is a powerful x-ray that works to reduce cancer cells, and Chemotherapy is a mixture of different medicines which work to destroy cancer cells and stop them from growing. A side effect from both of these treatments is hair loss.