4W homework – set Thursday December 5th, Due Wednesday December 11th

The assignment

We’ve been talking in class about how we can recreate our brain (or at least half of it!) using our fist. The thumb tucked in shows the part of the brain responsible for our big feelings and emotions, and our fingers on top show the part of the brain that thinks and makes good choices. We’ve also been talking about how sometimes we “fli p our lid”, which is when the fingers let go and don’t take care of the thumb. A student this week asked “how do we unflip our lid?” which is where this homework comes in.

Your task has 2 parts. Firstly, I want you to talk to 3 different people that you know. At least 1 must be an adult, but they can be parents, grandparents, teachers, friends, coaches – anyone you know. You need to ask them how they “close their lid” (calm down when they’re feeling out of control) and record their answers on the sheet on the back.

Part 2 is that I then want you to use these ideas, and your own strategies, to make a “how to” guide for what to do when you’ve flipped your lid (or when you feel close to flipping it).

Success criteria

* AT LEAST (you can do more!) 3 people interviewed about their strategies
* Notes/ideas written down for each person you interviewed
* A how to guide that you can share with a small group of Wolfpackers next Wednesday, and possibly younger students at a later date.
* The how-to guide has to fit on one letter-size piece of paper (for our display)

Ideas to get you started

You **have** to fill in the form on the back of this sheet, and your how to guide has to fit on one piece of paper. However, you could:

* Take photos of people doing their strategies
* Make a comic strip
* Make an informational poster
* Write the strategies in big colorful letters

Managing your time

The how to guides are something that I would love to share with younger students throughout school, so they need to be of high quality so that you’d feel comfortable sharing them with others.

Planning phase: Choose and interview your 3 (or more) people

Creation phase: Create your “how to guide”

Evaluation phase: Show someone at home your “how to” guide. Is it easy to follow? Do you give clear ideas about how what to do when you’ve “flipped your lid”?

As always, come talk to Mr Wolfson waaaaay ahead of Wednesday morning if you’re stuck!

List of people who you interviewed (remember, at least 1 MUST be an adult, preferably more)

|  |  |  |
| --- | --- | --- |
| Person’s name and age | How do you know them? | What strategies did they share for “closing their lid”? |
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What strategies can you add to this list?

To help you remember/share with your family at home

