

WYRKSHOP MOBILE MAKERSPACE

SELF-MANAGEMENT: BUILD A TOWER

ESTIMATED TIME: 30 MINUTES



LEARNING OBJECTIVES

- Learn strategies that can help you to work through difficulties
- Discover how to manage your own emotions
- Show the courage to use initiative

LIFE SKILLS LEARNED:



LEVEL: 1

MATERIALS NEEDED:



Paper clips



Blocks

Anything that you can use to build tower

ACTIVITY OUTLINE

STEP 1

Start with a warm-up, such as building a tower with 8-10 of the random things around you (books, pinecones, backpacks, blocks) in the space you have.

*Have you ever played Jenga, well this is another version of that except we have to stack all of our pieces to make the tallest tower we can, by only using 8-10 items.

STEP 2

Identify what strategies helped you build a secure tower. What strategies were unsuccessful?

Using one of the maker-crate tools to help you build this new tower. Discover the strategies you used to build the last tower, to make a new Jenga tower.

You could make 3D printed blocks and customize them with different prompts with the Cricket maker. Or use the woodshop tools to create different sized blocks as a fun new challenge.



STEP 3

What are some things you're having to practice right now?

Write reactions in your journal as you go!

STEP 4

Process/Reflection Questions:

- Where do you literally go to (move and/ or ask) for support (e.g., teacher, parent, friend)?
- How did you feel as you were trying to build the tower?
- What strategies were positive or helped you?
- What happened that kept making you frustrated (if you did), how long did you sit with that frustration? If you did, what helped you change your thinking? Was it a person, a pet, an idea and TV or movie character?
- What is something that can remind you there are other reactions or emotions out there to use.

STEP 4

Makerspace Creation Challenge – With any of the 5 Tools, Find a Way to:

1. What can you make that will be a stress reliever for you, some people like figits, some like a smoothed surface
2. What about bendable sunglasses or mask, if it works for most superhero's, why not me!
3. How do different objects make us think of ways to describe us – making a handkerchief to use when you're hiking or riding your horse etc., what kind of designs can you represent you in the bandana (sun, horses, trees, etc.)
4. Trying to know what to, to make a balanced decision – what about a scale of some kind or a piece or multiple of dice?