

My Mission Log

Power of Play

Name:

Contents

Mission Activities

Engage	1.1 Fact Finder Notes	Pg. 1
	1.2 Student Voices	Pg. 4
Habit	2.1 Attention and Awareness Activity	Pg. 5
	2.3 Stress Inventory	Pg. 6
Explore	3.1 Play Words	Pg. 7
	3.2 Think about It	Pg. 8
	3.3 Make a Stress Ball	Pg. 9
	3.4 Reflection: Balanced and Unbalanced?	Pg. 12
	3.5 Toy Challenge	Pg. 13
	3.6 Spinner Reflection Game	Pg. 15
	3.10 Design Your Own Roller Coaster	Pg. 18
	3.10 Toy Design Journal	Pg. 21
	3.11 Coin Drop Exploration	Pg. 22
	3.14 Magnetic Building Notes	Pg. 23
	3.15 Debate	Pg. 28
	3.17 Your Favorite Toys	Pg. 30
	3.17 Choose Your Focus	Pg. 31
	4.4 Feedback Questions	Pg. 32
Take Action	4.6 Brainstorm	Pg. 33
	4.7 Concept Sketch	Pg. 36
	4.8 Feedback	Pg. 38
	4.9 Final Draft	Pg. 39
	4.11 Prepare to Share	Pg. 40
Share & Reflect	4.11 Share	Pg. 41
	4.12 Reflect	Pg. 43

A decorative header featuring a row of colorful pushpins in shades of teal, yellow, orange, and purple. A white, torn-edge rectangular box is centered over the pushpins, containing the section title.

1.1 Fact Finder Notes

Your mission is to help yourself and others manage stress. You will do this by creating a toy or game that can be used to relieve stress.

Your mission is to collect information that will help you with your final project. Every time you watch a video, read a text, or do an activity, you should write down new information that you think will help you with your project.

Here are some questions to think about. Anytime you learn new information about one of these questions, write it down.

What is stress? What causes stress and who experiences it?

Is stress helpful or unhelpful?

How can people manage stress?

How do toys use force and motion?

How do magnets work and how are they used in toys?

1.2 Student Voices

Directions: Use the graphic organizer below to think about the examples of student voices in the project module. For each student, tell: 1) what is the cause and effect of stress for each student, and 2) is the effect positive or negative?

**What was the cause and effect
of this student's stress?**

**Was the effect positive or
negative?**

**Student 1:
Carter**

**Student 1:
Maddie**

**Student 1:
Sonia**

**Student 1:
Lucas**



2.1: Attention & Awareness Activity

Directions: Write down 5 sentences to describe what you see. Then compare your notes with a friend. Did you notice the same or different things?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Bonus: This is an image of a magnetic stress toy. How do you think playing and building with a magnetic stress toy can help you manage your stress? Write your thoughts below.

How do you think paying attention to everyday things and practicing awareness can help you or your friends manage stress? What is the benefit of growing our attention muscle?

2.3 Stress Inventory

Directions: Now it's time to think about your own experience with stress. This will be helpful as you start this project and think about how to design a toy that will help you and others relieve stress.

What causes you stress inside and outside of school?

How does stress make you feel?

Which stress helps you do your best work and which stress holds you back?

3.1 Play Words

Directions: Pick three words you think will be hardest to remember. Draw a picture for each word, label your picture with the word, then use that word in a sentence. **Bonus points** if you can use the word **laugh**, **jump**, or **sweat** in one of your sentences. Just for fun.



3.2 Think About It

Directions: Now that you have been thinking about play, toys, and the impact that these things can have on stress, it's time to think about your own experiences.

Which of these toys have you played with before? Have they helped you reduce stress?

What else do you want to learn about toys and stress to prepare for this project?

3.3 Make a Stress Ball

Directions: Now it's time to make your own stress ball! A stress ball is toy that is commonly used to help people cope with stress. It is an example of a moldable toy that we can move and shape. Moldable toys can help us relax and release energy. Use the directions below to create your stress ball. You will use this stress ball throughout this project.

Materials



latex balloon



funnel



water



cornstarch

Directions:

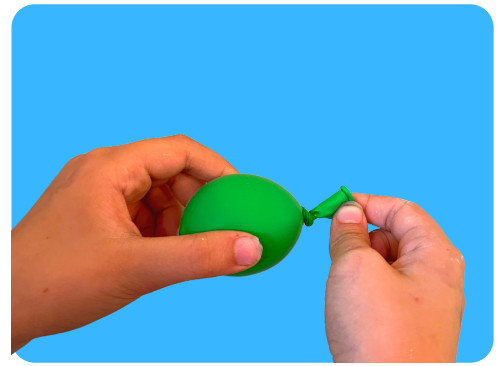
- **Step 1:** Gather your materials.
- **Step 2:** Attach the balloon to the funnel. If you don't have a funnel, you can have an adult help you cut off the top of a water bottle to use as a funnel.
- **Step 3:** Pour some water through the funnel into your balloon. Then add about a tablespoon of cornstarch. Massage the balloon to mix the ingredients together.
- **Step 4:** Continue adding water and cornstarch to the balloon until it is full.
- **Step 5:** When the balloon is full, tie it closed at the top.
- **Pro Tip:** If you don't have cornstarch, try using flour.



Attach your balloon to the funnel.



Pour some water, then some cornstarch into the balloon and mix them together. Fill the balloon.



When the balloon is full, tie the end closed.

3.3 Test Your Stress Ball

Directions: Now that you have created your stress ball, it's time to play with it! Complete each activity below to test out how the stress ball responds to different types of force and motion.

Try-It Out 1: The Squeeze

Motion to test:	Record observations:
Leave the ball flat in your open hand.	
Pull on the ball lightly.	
Pull on the ball strongly.	
Push one finger a tiny bit into the ball.	
Push one finger deep into the ball.	
Squeeze the ball with all your fingers.	

Try-It Out 2: The Toss

Motion to test:

Record observations:

Toss the ball lightly (6 inches).

Toss the ball with greater force (3 feet).

Now, use the space below to illustrate: 1) What is push? 2) What is a pull?

From your observation how does using a stress ball help us relax? How do we use force and motion with a stress ball?