



Lots of Ways to Learn (🧠 A Cognitive Health Story)
(2nd Grade 7 – 8 yrs.)
Think, Pair, Share: Learning New Things



STORY CONNECTION – SLIDE 11 (Approx Time: 20-25 mins)

Because people can read and write, they can learn how to do lots of things easily. This gives us more time to think and learn about new things. People learned how to make cars and planes, so we can get to places faster. People learned how to make phones, so we can talk to others even when we are far away. People learned how to make computers, so that we can do our work and play more.

Materials needed:

- Chart paper
- Markers
- Ladder Graphic Organizer (included below- optional) or paper to draw a ladder
- Pencils

Preparation needed:

- *Optional:* Print Ladder Graphic Organize (1 per student)
- Determine if you will use the example in the instructions or come up with your own example to model.
- Determine how you will display the graphic organizer for modeling

Instructions:

1. In this activity, student(s) will have the opportunity to think about some things they are already good at doing, as well as things that are new to them that they might like to learn about.
2. First, ask student(s) to brainstorm a few things that they think they are good at doing. Give them a minute or two to think. They can also write down their response or draw pictures.
3. Then, put student(s) into partner or small groups of 2-3. Have them share with their partner(s) what they said they were good at doing.
4. After a few minutes, have a group or two share what they thought about. You can record these on the board or chart paper for future reference.
5. Next, have student(s) brainstorm about some things that are new to them that they might like to try. This can also be something that they have tried and might not be great at it YET.
6. Again, put student(s) into partner or small groups of 2-3. Have them share with their partner(s) what they said they were working on and would like to learn. Give them a minute or two to think. They can also write down their response or draw pictures.
7. After the time passes, have student(s) partner or group back up to share what they thought about.
8. After a few minutes, have a group or two share what they thought about. You can record these on the board or chart paper for future reference.

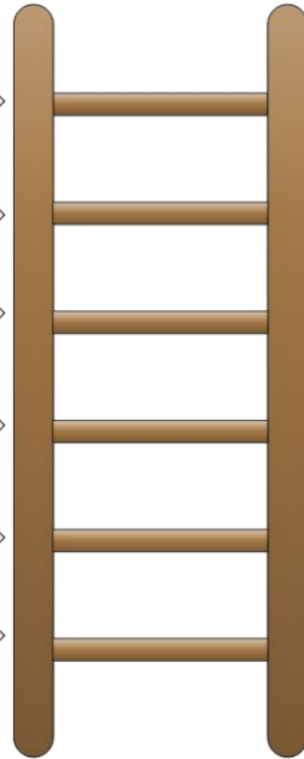
9. You will probably notice that some things show up on both lists. This is worth pointing out as this story also talks about asking for help. If someone is good at something, they can help someone who wants to learn.
10. Next, discuss the concept that learning new things sometimes takes time.
For example: (Go back to the story) Planes, cars, phones, and computers were not created overnight. People who invented those things had a plan and went through a step-by-step process to create the things they wanted to learn more about.
11. Show the ladder and ask student(s): What is the purpose of a ladder?
It helps us reach places that are too high for us to reach by ourselves. With each step we get closer to where we need to go.
12. Explain to the student(s) that the ladder graphic organizer will help them think about and organize a plan for learning something new they want to try. (You may want to display the ladder sheet as you model with the example.)
For example: "My goal is to run a half marathon. A half marathon means I would run 13.1 miles in a race. (You may want to give student(s) a comparison for distance that they would be familiar with such as 13 miles is like running from school to the Wal-Mart or running 52 laps around the track!) I cannot just go out and run that far the day of the race. I have to make a plan to reach my goal. Some ideas to help reach my goal would be to run four to five times a week. Each week, I could run a little bit further. I also need to make sure I am eating and drinking foods packed with vitamins and minerals my body needs. I also need to make sure I am sleeping well at night. These are steps to reaching my goal. These are all steps I can write on the ladder rungs (model for student(s))."
13. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
NOTE: Student(s) will work independently for now but will get back with partners later.
14. First, give student(s) a ladder (or draw one on a piece of paper) and have them put the goal or what they want to learn at the top.
15. Give student(s) an allotted amount of time to brainstorm some ideas for the steps they think they need to take to reach the top—learn something new.
16. Once student(s) have had a chance to complete their ladder, partner them back up to share their ideas with their partner(s). Partners can offer ideas and suggestions as needed, but it is up to the owner of the ladder to decide on the steps needed.
17. Before closing, ask if anyone would like to share what they are working toward on their Learning Ladder.
18. In closing, review that when people know how to do things like reading and writing, it frees up time to learn new things. Setting goals and learning new things are good for our Cognitive Health because our brains are happy and healthy when we try and learn new things.

Activity Idea Credit: <https://biglifejournal.com/blogs/blog/encourage-child-to-try-new-things>

Name _____

What I want to learn or do _____

- Step #6 _____ →
- Step #5 _____ →
- Step #4 _____ →
- Step #3 _____ →
- Step #2 _____ →
- Step #1 _____ →



Ladder Image Credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcS_wRxuiT8xaftJ-RIU-xHIBBWQuBJWZ2dkAiy4RzmfLhAtqdPb&s