

BIG THOUGHT

thriving minds

CREATIVE KITS

ACTIVITY GUIDE
AUGUST 2020



SEL DALLAS

Social and Emotional Learning

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ATMOS
energy®

NEW MINDSET. NEW RESULTS.



MY YET LIST

A YET LIST is a list of all the things you want to do, try or learn but haven't been able to do yet. Just because you haven't done these things yet doesn't mean you never will!

1. _____ YET!
2. _____ YET!
3. _____ YET!
4. _____ YET!
5. _____ YET!

POSITIVE AFFIRMATIONS

A POSITIVE AFFIRMATION is a sentence THRUST that can give you LIFT to help you FLY above negativity.

Say them out loud or read them to yourself whenever you need them!

LIFTING THOUGHTS

EXAMPLES:

- I can learn hard things.
- Mistakes can help me fly higher.
- It's OK to need help.

COMPLETE THESE SENTENCES:

I can _____

I am _____

I will _____

LET YOUR MINDSET TAKE FLIGHT

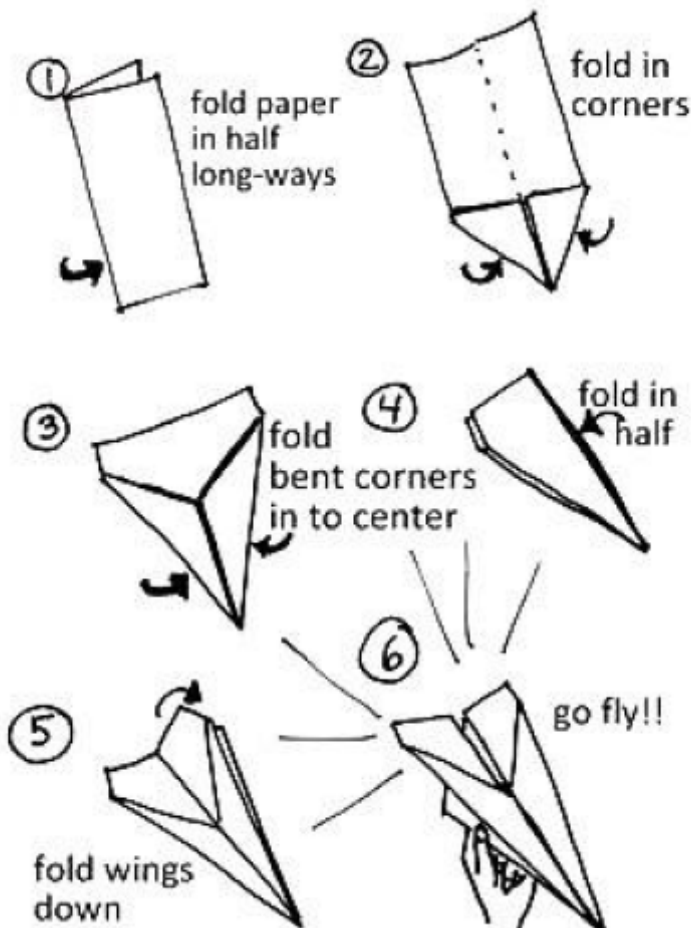


HOW DOES A PAPER AIRPLANE FLY?

When a paper airplane is designed, the builder folds the sheet of paper to provide maximum wingspan to support the plane for long flight. Just like real airplanes, paper airplanes may be designed with different wing shapes to fly faster or fly longer distances.

Real and paper airplanes must have both thrust and lift. In a real plane the engine provides the thrust. The thrower provides the thrust with paper planes. When the paper airplane is thrown, it is thrown with enough power to overcome gravity. For a little extra thrust, throw the plane at a slight upward angle to maximize the amount of time the plane stays in the air.

As the plane moves forward, its wings cut through the air to generate a small amount of lift. As the air rapidly flows over and under the paper wing, a tiny vacuum is formed over the top of the wing to keep the plane in the air. As momentum diminishes, the wave of airflow over the paper wing slows down and the lift is reduced and the plane will start to land.



DESIGN YOUR OWN PLANE

Decorate the paper provided in your kit:
POSITIVE AFFIRMATIONS & YOUR YET LIST

Follow the steps on the left to create your paper plane.

See how far you can soar with a positive growth mindset!



DAILY FLIGHT CHORE CHALLENGE



Doing daily chores is a great way to be a part of the family and take care of yourself and others. Here are some daily chores you can do to help others in your home. You can fill in your own ideas too!

MORNING

1. Make your bed
2. Complete a YouTube Exercise video
3. Play your favorite song as you get dressed
4. _____
5. _____



AFTERNOON

1. Complete a TikTok Dance Challenge
2. Drink a big glass of water
3. Clean up after yourself
4. _____
5. _____

EVENING

1. Spend time drawing or writing in a journal
2. Take a shower or bath
3. Take 10 deep breaths
4. _____
5. _____

SCIENCE WITH SLIME



Jacedric is one cool chemist! He has some experiments you can try at home with an adult and even a few you can try on your own!

RECIPE FOR SLIME

SUPPLIES:

- 1/2 cup of liquid laundry detergent
- 1/2 cup of Elmer's glue
- stirring rod or stick
- food coloring
- small bowl
- ziploc bag

INSTRUCTIONS:

1. Pour 1/2 cup of glue into the small bowl
2. Pour 1/2 cup of laundry detergent into the same bowl.
3. Drop in food coloring - as much or as little as you'd like!
4. Stir
5. To keep your slime fresh, store in the ziploc bag after each use.

You can check out more Chemistry Experiments with Jacedric online at

bigthought.org/TMCreativeKits