Weighing In on Teamwork

Objective: Students will strengthen their sense of classroom community through a cooperative movement challenge while developing observation, prediction, and critical-thinking skills. Through hands-on outdoor exploration, students will compare and contrast the size and weight of familiar garden items, make predictions, and use a scale to test their hypotheses.

Materials: assorted peppers, tomatoes, apples, bucket of water, bucket of soil, bag of fallen leaves, bag of lettuce, digital scale, stopwatch, and recording sheet

Community Connection Challenge

1. Begin with a discussion about community, cooperation, and the importance of working together toward a common goal.
2. Divide students into teams of three.
3. Challenge each team to safely transport one teammate across a designated walkway without that student touching the ground.
4. Time each team as they complete the challenge, emphasizing communication, creative problem-solving, and safety over speed.
5. Once teams reach the pavilion, briefly discuss the strategies they used and how teamwork contributed to their success.

Compare & Contrast: Garden Weight Investigations

Introduce four comparison stations: Peppers vs. tomatoes, bucket of water vs. bucket of soil, bag of fallen leaves vs. bag of lettuce, and apple vs. tomato.

At each station, students will:

1. Observe both items and identify similarities and differences in size, shape, texture, and appearance.
2. Predict which item will weigh more.
3. Explain the reasoning behind their predictions.
4. Use a scale to measure or compare the weight of each item.
5. Discuss whether their predictions were correct and what they discovered.
6. Emphasize that larger objects do not necessarily weigh more than smaller objects and that the amount and type of material can influence an object's weight.

Mindfulness Activity- The Weight of Gratitude

Length: 1-2 minutes
Materials: none

Invite students to sit or stand comfortably in a circle and take three slow, deep breaths. Ask them to think about someone who helped them during the team challenge or weight investigations. Encourage them to reflect on how that support made them feel. Invite students to complete the sentence: "Today, I appreciated when someone..."

Virginia Standards of Learning (SOL)

SOL Strands: Science, Mathematics, Health & Physical Education
Primary SOL Alignment: K.MG.1, K.3, 1.MF.1, 1.3, 2.1, 3.MG.1, 3.1

Month: November