

Bettering Youth's
S.E.A.M SERIES

**Daily activities that inspire
learning and fun**

This week's SEAM theme is:

MOANA

Hand in each of your activities to
@BetteringYouth on Facebook by Friday the
20th to be entered into the draw!

SENSATIONAL SUMMER

S.E.A.M SERIES

Editor's Note

Welcome! I'm so excited and honoured to share some of my favourite Science, English, Art and Mindfulness activities with you this week.

If you're like me, you're all about making learning fun!

So I've brought the curriculum to life by giving this week a theme: Moana!

Moana is a Disney movie that released in 2016 and is highly popular for it's high-spirited female protagonist and beautiful scenery.

Over the next 3 weeks you'll receive a weekly bundle like this one with a task like to be completed and a variety of options that are suitable for all ages.

Once each activity is completed, head over to the Bettering Youth Facebook page and upload your child's work.

On Friday, August 20th at noon all submissions will be made and a draw will determine this week's winner!

Please feel free to email me if you have any questions:

sarahlynnhodder@betteringyouth.com

SARAH-LYNN HODDER
TEACHER - TUTOR - MINDFULNESS COACH - FOUNDER



MY WEEKLY ACTIVITY PLANNER

THIS WEEK THE THEME FOR OUR S.E.A.M ACTIVITIES IS

MOANA

There's no telling how far I'll go!

The Disney film Moana shares about a young girl who lives in polynesia. Her job is to become leader of her island people but she would rather be on the Ocean. One day, the coconuts come up dry and her people are looking to her for help to reverse an Ancient curse. Her Grandmother encourages her to set sail, find the Demigod Maui who created the curse and return a precious stone to Mother Nature, Te Fitti.

Our job this week is to help Moana along her journey. Submit your work and you can win!

MY ACTIVITIES CHECKLIST

☐☐☐☐☐

My favourite activity was

I learned that

MY WEEKLY ACTIVITY LIST

OPTION 1



Science

The Perfect Raft Help Moana choose the perfect floating device

Let's practise our skills to make a hypothesis!

- Collect some waterproof toys and a bucket of water
- Write down each item in the list along with your guess of whether it will float or sink
- Conduct the experiment and see how well you did!



English

Help Moana bring the Pounamu stone back to Te Fiti and return peace to her Island

Let's practise writing instructions!

- Use directions, prepositions and commands to tell Moana how to travel to Te Fiti
- *Bonus: Use adjectives to describe each point her journey



Art

Build your own Te Fiti

Let's use nature to make some beautiful art!

- Using only what you find outdoors, create your own Te Fiti Goddess



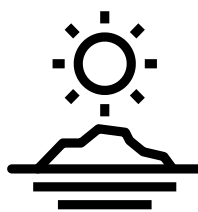
Mindfulness

I am!

Let's learn the power of mantras.

Moana was nervous before she embarked on her journey to sail across the sea, to restore the heart to Te Fiti. But, she grew in confidence by practising a mantra.

- What can you say to help you feel confident and strong?





FLOAT OR SINK EXPERIMENT

The Objective: Help Moana choose the right floating device to sail across the ocean to save her people.

What You Need:

- A tray with 1/3 filled with water
- A variety of household (waterproof) objects that Moana could use as her floating device
- Pencil, Paper and Ruler

Set Up:

- Fill the tray 1/3 with water and place in a space that can get a little wet
- Place all of your objects in front of the tray
- On your sheet make a table that looks like this:

HELPING MOANA: FLOAT OR SINK

Name:

Year Group:

Date:

Objects	Float or Sink Hypothesis	Float or Sink Outcome

Procedure:

- 1) List all of the objects you're testing
- 2) Guess whether they'll float or sink
- 3) Put them in water and see if you're right!

Conclusion:

Which object can Moana use to help her float across the ocean?



HELP MOANA CROSS THE OCEAN

The Objective: Help Moana cross the Ocean, restore the heart to Te Fiti and save her Island!

What You Need:

- A pencil
- Your Map



Procedure:

- 1) Write instructions to Moana on how to get from her island, to Te Fiti's Island

Steps for Success: Instruction Writing

Instructions use commands

Include directions

Use prepositions (above, beyond, under, near, etc)

Include adjectives of each check point



HONOUR TE FITI BY BUILDING YOUR OWN

The Objective: Let's show Te Fiti (Mother Nature) we're grateful for her beautiful gifts by making our own masterpiece!

What You Need:

- Scissors
- Glue gun or glue
- Outdoor materials:
 - sand
 - leaves
 - branches
 - flowers
 - seeds

Procedure:

1) Using the outdoor material, create your own version of the Te Fiti Island.

Inspiration:

Here's a look at the part of the movie where Te Fiti's heart is restored.

<https://www.youtube.com/watch?v=a9Flg6Zr0dg>

Here's a look at the island



THE POWER OF I AM

The Objective: Moana kept repeating a Mantra to help her feel confident in her journey across the Ocean. Come up with your own.

What You Need:

- White paper
- Pencil
- Colouring pencils

Procedure:

- 1) Use Moana's mantra as inspiration for creating your own
- 2) Make a poster of your mantra and hang it in your room to repeat every day!

Moana's Mantra:

I am Moana of Montonui. Aboard my boat I will sail across the sea and restore the heart of Te Fiti

Video: <https://www.youtube.com/watch?v=WyAV33c3JEc>

Steps for Success: Mantras

Mantras are affirmative: I AM

Mantras speak in present tense

Mantras focus on the positive qualities

MANTRAS TO TRY

- . I am unique and special.
- . Opportunities come to me in good time.
- . I may make mistakes sometimes, but I choose to learn from them.
- . I accept myself even though I sometimes make mistakes.
- . Every day and in every way, I get better and better.
- . My intuition guides me in what I do.
- . I am calm, relaxed and peaceful.
- . I am always in the right place at the right time.
- . I enjoy being, feeling and thinking positive.
- . Problems challenge me to better myself in every way.
- . I trust myself in making great decisions.
- . I am loving kindness to all.
- . I do my best in my work and tasks.
- . I am present.
- . I trust in my ability to solve problems.
- . I enjoy my own company.
- . I accept compliments graciously and openly.





MY WEEKLY ACTIVITY LIST

OPTION 2



Science

The Perfect Raft: How long will your boat last? Moana's journey will take 7 days to complete, each day = 1 minute of floating time, how long does your boat float for?

- Assess how long you think the boat you made will float for
- Write down your hypothesis for how many minutes your boat will float include your reason why
- What materials did you use?
- What was the result? Write a conclusion that states what you could have used to improve the time



English

A beautiful day dream: Moana is found day dreaming on her raft. Write a descriptive narrative of what she's dreaming about

- Is she thinking of her family and friends back home?
- Is she worried about her journey and the typhoons?
- How does she feel about being chosen by the Ocean to complete this task and save her people?



Art

Ahoy Captain! Your job is to create a boat using only household material. This boat will be put in water so think about how to keep it afloat.

Bonus: Try and complete your boat in less than an hour!



Mindfulness

I am!

Let's learn the power of mantras.

Moana was nervous before she embarked on her journey to sail across the sea, to restore the heart to Te Fiti. But, she grew in confidence by practising a mantra.

- What can you say to help you feel confident and strong?



THE PERFECT RAFT

The Objective: How long will your boat float? Moana's journey to Ta Fiti's Island is seven days. If each minute represents one full day, how many days does your boat stay afloat?

What You Need:

- The boat you built for the art session
- A wide bucket of water (or the bathtub!)
- A stop watch
- A pencil, paper and a ruler

Set Up:

- Fill the tray 1/3 with water and place in a space that can get a little wet
- On your sheet make a table that looks like this:

HELPING MOANA: THE PERFECT RAFT

Name:

Year Group:

Date:

My Boat is made up of:

I hypothesize that my boat will float for _____ days because

I timed my boat and it stayed afloat for _____ minutes which is equivalent to _____ days.
Therefore, my boat _____ safe for Moana to use.

If I were to do this again, I would change



MOANA'S DAYDREAMS

The Objective: Moana has the most vivid day dreams! She's missing her home and her dreams of her living on the island seem real! It's your job to write a descriptive narrative of Moana's day dreams.

What You Need:

- A pencil & paper

Steps for Success: Descriptive Writing

Descriptive writing focuses on showing, not telling the reader

It brings features to life by adding effective writing features:

- similes
- metaphors
- power of three
- onomatopoeia
- personification

Be sure to include the senses: hear, taste, see, touch, smell

Answer: what does she feel?



AHOY CAPTAIN!

The Objective: Help Moana sail across the Ocean in a boat that's made of household materials.

What You Need:

- Scissors
- Glue gun or glue
- Household materials: cardboard
sticks
packing tape

*no containers allowed

Procedure:

- 1) Using the material, create your own boat that can float



Get Creative!



THE POWER OF I AM

The Objective: Moana kept repeating a Mantra to help her feel confident in her journey across the Ocean. Come up with your own.

What You Need:

- White paper
- Pencil
- Colouring pencils

Procedure:

- 1) Use Moana's mantra as inspiration for creating your own
- 2) Make a poster of your mantra and hang it in your room to repeat every day!

Moana's Mantra:

I am Moana of Montonui. Aboard my boat I will sail across the sea and restore the heart of Te Fiti

Video: <https://www.youtube.com/watch?v=WyAV33c3JEc>

Steps for Success: Mantras

Mantras are affirmative: I AM

Mantras speak in present tense

Mantras focus on the positive qualities

MANTRAS TO TRY

- . I am unique and special.
- . Opportunities come to me in good time.
- . I may make mistakes sometimes, but I choose to learn from them.
- . I accept myself even though I sometimes make mistakes.
- . Every day and in every way, I get better and better.
- . My intuition guides me in what I do.
- . I am calm, relaxed and peaceful.
- . I am always in the right place at the right time.
- . I enjoy being, feeling and thinking positive.
- . Problems challenge me to better myself in every way.
- . I trust myself in making great decisions.
- . I am loving kindness to all.
- . I do my best in my work and tasks.
- . I am present.
- . I trust in my ability to solve problems.
- . I enjoy my own company.
- . I accept compliments graciously and openly.





RESOURCES FOR PARENTS

Outlets such as The New York Times, TED and the Guardian have discussed the impact mindfulness can have at supporting students. Generation Z are more susceptible to negative thought patterns due to living in a social media age. Mindfulness helps to identify thought patterns and creates thought flexibility allowing children to reshape their thinking and avoid getting sucked into a negative thought pattern. Let's help our students find calm within themselves so they can concentrate, focus, problem solve, and perform better.

- [A Course on Building Resiliency](#) - a free course provided by the University of Pennsylvania this course will help to establish mental agility, cognitive strategies to manage anxiety and critical relationship enhancement skills.
- [Mindfulness game cards on Amazon](#)
- [Explanation of what is present moment and how we practise mindfulness](#)
- [Headspace app](#) - Great app for helping you to be mindful and practise meditation - good for children too
- [Insight Timer App](#) - 1000s of free guided meditations
- [Stoic App](#) - great app to bring clarity and focus to your everyday

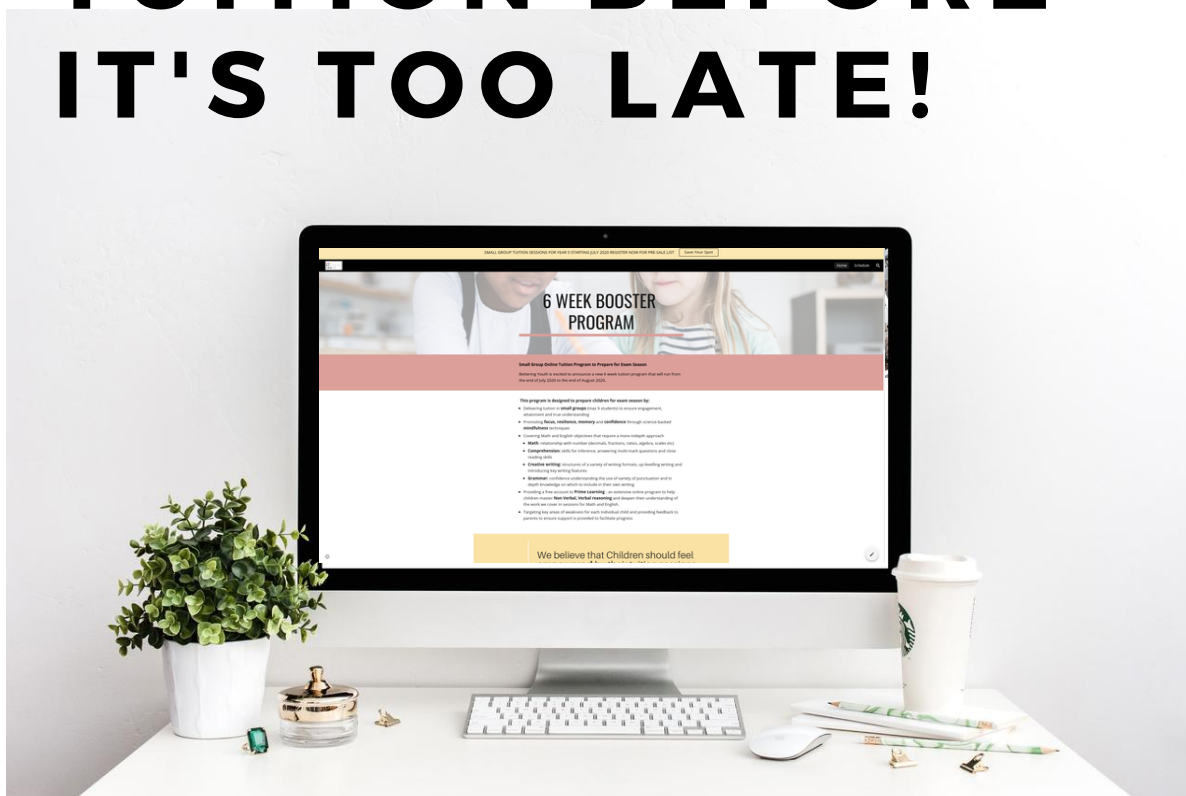


RESOURCES FOR STUDENTS

- [Brain Break](#) Games and Activities
- [Memory Games](#)
- [Games to activate prefrontal cortex](#)
- [Guided meditations](#)
- [The pomodoro study method](#): Set a timer for 25 minutes and work with full concentration. Then get a 5 minute break to stretch and get a drink. Then set the 25 minute timer again. Stretch for 5 minutes. Then repeat again. Then on the fourth break you get 20 minutes to relax before starting again.



BOOK YOUR SLOT FOR SEPTEMBER TUITION BEFORE IT'S TOO LATE!



Bettering Youth provides mindfulness based tuition for children year 3-7

This means we lower the homework drama, help improve marks and provide the opportunity for children to choose where they attend secondary school.

We do this by assessing your child's learning style and providing 1-1 online tuition to suit their learning style.

All of our tutors are current or past teachers, mindfulness certified practitioners and driven to provide high quality education that makes a difference.

We promote focus, resilience, memory and confidence through science-backed mindfulness techniques

Email:

sarahlynnhodder@betteringyouth.com

RE: EBOOK for a free 1 hour session