

NAME:

DATE:



 **WeWow Tinkering Challenge**
Episode: "[Recess 101](#)"



INTRODUCTION:

It's time for our WeWow Tinkering Challenge! Join Guy Raz and Mindy every day this week as we plan, research, experiment and tinker to design the ultimate recess to help us recharge and learn.

Day 1: LISTEN



LISTEN: <https://tinkercast.com/podcasts/back-to-school-wewow-day-1-recess-101/>

How in the world does recess make us smarter? Where in the world do kids enjoy the most of it? Join Guy Raz and Mindy Thomas on an expedition to better understand the science of taking a break! It's the Who, What, When, Where, Why, How, and Wow in the World of RECESS! As you listen, or right after you listen, we encourage you to write down any questions or ideas that come to mind. These notes you make will be helpful to have later on this week when we get into tinkering.

1. _____
2. _____
3. _____

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Day 2: IMAGINE

It's time to get thinking and tinkering!



WONDER: What problem are we trying to solve? List anything that might prevent kids from experiencing recess below:

-
-
-
-



IMAGINE: Brainstorm a list of all the fun things you've ever done at recess. Be sure to think about your "must haves" for the ultimate recess including equipment, games, and other activities that get your body moving:

-
-
-
-

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Day 3: PLAN, CREATE AND TEST



PLAN: Now that you have a list “MUST HAVES” for your ultimate recess, decide which ones you want to use in your design challenge.

Draw or insert a picture of your idea here:



Gather any materials you may need to test out your concentration

Materials:

-
-
-
-
-

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Choose an activity that has really tested your concentration in the past:

My concentration activity is: _____

Now, follow your ULTIMATE RECESS plan for ten minutes. When you are done with recess, get your stopwatch and time yourself doing the concentration activity. When you can't focus any longer, stop the timer. Record the time in the chart below. Repeat timing your concentration, stopping the timer each time you get distracted.

Trial/Test	Time I was able to concentrate
Trial 1	
Trial 2	
Trial 3	

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Day 4: IMPROVE AND RETEST

Think about the data you collected from yesterday's test and revisit your plan. Did your ULTIMATE RECESS help you concentrate afterwards? How could you make it even better?

Scientists rarely work alone so get some ideas from your family and friends. With all this information in mind, improve your recess plan.

Retest how effective your ULTIMATE RECESS is after you improve it and record your data below.

Trial/Retest	Observations
Trial 1	
Trial 2	
Trial 3	

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Day 5: REFLECT & SHARE

REFLECT ON THIS CHALLENGE:



- Did certain activities work better than others in helping your brain refresh?
- How could you share this information with your school to make recess an important part of the learning process?
- Now that you have this secret weapon in helping your brain focus, how can you use it to help yourself, both at school and at home?



SHARE: Write out a few sentences below about your tinkering. What was your ULTIMATE RECESS? How did you test it? What did you discover? How did you improve it?

Now with the help of a grown-up, call us at 888-7WOW-WOW or send us a message at <http://tinkercast.com/share> to share your ULTIMATE RECESS research findings! (Note: call us by Thursday for the chance to be featured on the podcast on Friday!)

Grown-ups, to extend the learning and wow with more hands-on activities, visit <https://Tinkercast.com/membership>.