

# Session 1

## Outcomes

- All students on the team will be able to list their favorite activities in which they move and play and will draw a picture of themselves doing that activity.
- All students on the team will be able to draw a design of and build a LEGO® model of their favorite activity on their individual baseplate.

## 1. Introduction:

Session 1: Let's Discover

Details for each of the Introduction activities are provided on pages 21-24.



2. There are six baseplates in the Explore set. Give one to each student.
3. Introduce the prototyping pieces (Bag 4) to the team. They will use these to create their models. Do NOT open any other bags.
4. Provide extra scrap paper as needed for the team to draw and write their ideas.

## Session 1

WHOLE TEAM

Getting moving helps your heart get healthy and strong!

When you get moving, your heart rate goes up.

I like to run at the dog park!

**3**

**2** Find the prototyping pieces and baseplates from the Explore set.

- ☐ List different ways you like to play and get your body moving.

**Where do you like to play and be active?**

**What games do you like to play?**

- ☐ Pick your favorite activity and draw a picture of yourself doing it. Show where you are.
- ☐ Draw how you would build a LEGO® design of this activity.
- ☐ Build a design of your drawing on your own baseplate.
- ☐ Share your drawing and what you built with your team.

**THIS IS ME:**

**4**

Write your ideas above.

8

Engineering Notebook | Sessions

## Guiding Questions

- How does your favorite activity help raise your heart rate?
- Where do you play your favorite activity?

## Cleanup Pointers

- The LEGO models built should be taken apart. The prototyping pieces could be placed back in the Explore box or in a container labeled "Prototyping Pieces."

DEMO