

**Grade Level:** 4-5

**Curriculum:** Applied Design Skills & Technologies, Wellness

**Title of Lesson:** Setting Up Your Workspace

**Learning Goals/Objectives:**

- Generate ideas from their experiences and interests
- Identify needs and opportunities for designing through exploration
- Understanding personal needs

**Materials Needed:**

- Writing/drawing supplies

**Activity Instructions: (Step by Step)**

1. Begin by moving to the space where you normally like to do your school work
2. Try to list things that help you need to feel comfortable and that help you to focus.  
Make your list as detailed as possible
  - a. ie. Comfortable chair, noisy or quiet, bright or dark, etc.
3. Compare your list to the place you normally do your school work.
  - a. Does your workspace include some of the things on your list?
  - b. How could you change your environment to match your list?
4. Draw your workspace as it is now. Make changes to your picture so that it matches your list. Remember to keep your changes realistic!
5. Over time, try to make small changes to your space as you drew in your picture/plans.
  - a. Do you notice a difference?
  - b. Think about each individual change you've made. Do they all make a noticeable difference? Do any of the changes make less of a difference than you thought they might? Are there any changes you might reverse?

**Adaptations/Adjustments: (consider different environments)**

**Extensions (Optional):**

- This video can be helpful for parents and guardians for structuring learning times and spaces: <https://www.youtube.com/watch?v=IsAYxdk1zAk>