

**Grade Level:** 6-7

**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
- Ruler, measuring tape or metre stick

**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 a bird's eye view of workspace, in pencil, as it is now. Use grid paper and a ruler to help create an accurate floorplan.
  - a. Be sure to include large, or important items in your floorplan (a computer, lamps, your desk or table, for example). Don't add things that aren't always there, or are too small to draw accurately (your papers, pencils/pens, etc)
5. Using your floorplan and your list, decide on the realistic thing you can change about your workspace. These would be changes like turning your desk to face a window, moving a lamp, or sitting at a different seat at the kitchen table.
  - a. Make one or two changes at a time, and record on your list of needs which things helped you, which things didn't, and which things you didn't notice a difference after you changed them.
    - i. At the end of the week, review your list and your original floorplan drawing. Which changes will you keep? Which changes weren't something you needed after all?

**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=lsAYxdk1zAk>

