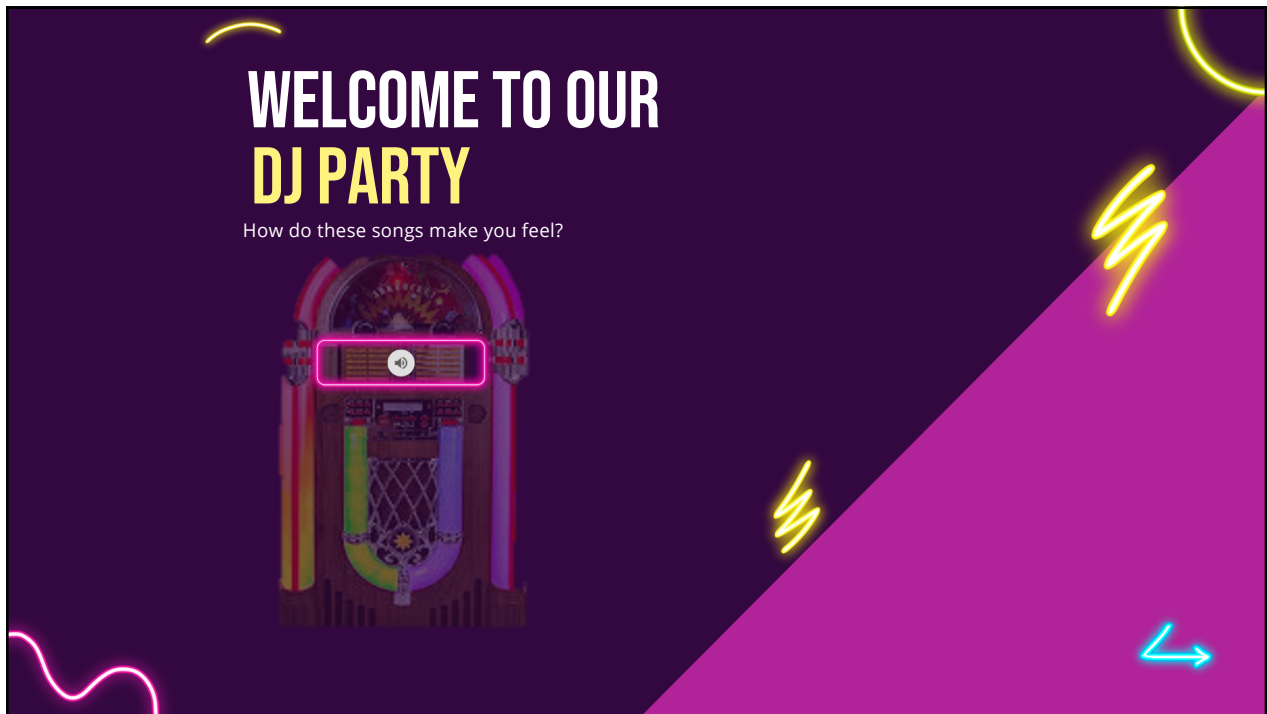




1



2

COMMUNITY

What are the rules?

How will we settle disputes?

What do we need for everyone to feel included?

IF CHILDREN HAVE LITTLE EXPERIENCE TAKING CONTROL OF THEIR OWN LIVES, THEY ARE UNLIKELY TO DEVELOP A STRONG SENSE THAT THEY CAN EXERT SUCH CONTROL.

-GRAY, LANCY, AND BJORKLUND 2023

GRAY LANCY BJORKLUND RESEARCH

3

HOW OLD WERE YOU WHEN YOU FIRST WERE ABLE TO PLAY OUTSIDE ON YOUR OWN?

- 1-First grade
- 2-Second grade
- 3-Third grade
- 4-Fourth grade
- 5-Fifth grade
- 6-Sixth grade
- 7-Seventh grade
- 8- Eighth grade

 <p>BABY BOOMERS Time spent in a job: 8 years 3 months Born between 1946 and 1964 (37-75 years old)</p> <p>Values: Motivated by position and prestige, strong work ethic, wants stability Lived through: The moon landing and Civil Rights Movement</p>	 <p>GEN X Time spent in a job: 6 years, 2 months Born between 1965 and 1978 (40-55 years old)</p> <p>Values: Self-sufficient, resourceful, values freedom Lived through: The falling of the Berlin Wall and MTV</p>
 <p>MILLENNIALS Time spent in a job: 2 years, 9 months Born between 1981 and 1996 (25-40 years old)</p> <p>Values: Self-confidence, values flexibility, work-life balance is important Lived through: Lived through the great recession and the 9/11 attacks</p>	 <p>GEN Z Time spent in a job: 2 years, 3 months Born between 1997 and 2012 (6-24 years old)</p> <p>Values: Tolerant of others, risk-averse, less trusting of authority Lived through: Lived through unprecedented technological advancements and social movements</p>

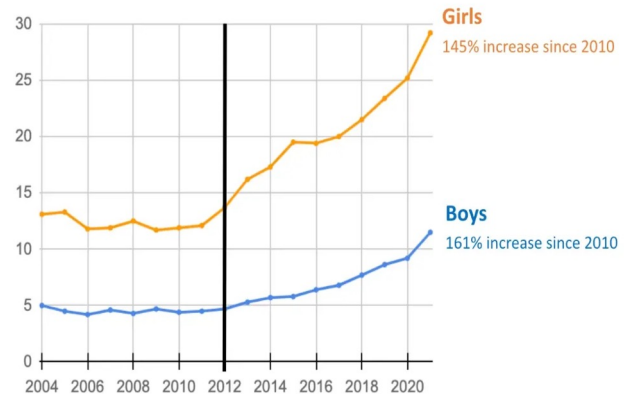
4

We have shifted from play-based childhood to Phone-Based Childhood

Time away from:

- Sleep
- Play
- In-person socializing

% US Teens with Major Depression



Adolescent Mood Disorders Since 2010

5

CHILDREN WITH A STRONG INTERNAL LOCUS OF CONTROL ARE MUCH LESS LIKELY TO SUFFER FROM ANXIETY AND DEPRESSION.

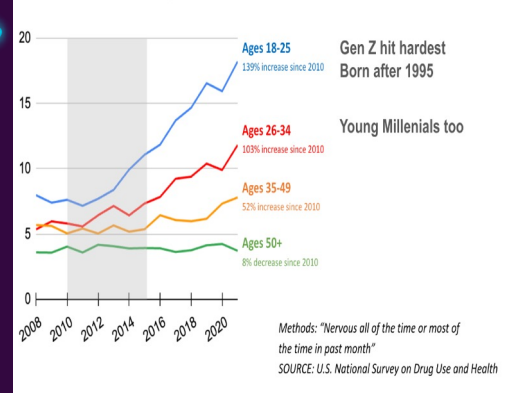
—GRAY, LAINCY, AND BJORKLUND

6

“The loss of free play and the rise of continual adult supervision deprived children of what they needed most to overcome the normal fears and anxieties of childhood: the chance to explore, test and expand their limits, build close friendships through shared adventure, and learn how to judge risks for themselves.”

- Jonathan Haidt

Percent U.S. Anxiety Prevalence



Jonathan Haidt: Anxious Generation

7

IN OUT, LEFT RIGHT,
UP DOWN

1:00



1. Do as I say
2. Do the opposite of what I say

8

PLAY IS NOT FRIVOLOUS:

IT ENHANCES BRAIN STRUCTURE/FUNCTION AND PROMOTES EXECUTIVE FUNCTION

WHEN PLAY AND SAFE, STABLE, NURTURING RELATIONSHIPS ARE MISSING IN A CHILD'S LIFE, TOXIC STRESS CAN DISRUPT DEVELOPMENT OF:

- EXECUTIVE FUNCTION
- LEARNING SOCIAL BEHAVIOR


IN THE FACE OF CHILDHOOD ADVERSITY PLAY BECOMES EVEN MORE IMPORTANT!

The Power of Play: A Pediatric Role in Enhancing Development in Young Children

9

QUICK DRAW MCGRAW

- 01 Face partner on the count of three both players draw two hands with as many fingers pointing toward the opponent as you would like.
- 02 With both partners hands drawn the first player to yell out the total of both of their hands is the winner.
- 03 Players who have lost go on one hemisphere of the room and play, winner players rotate to the front and continue to play matches until you are down to one player.
- 04 Player who makes the first mistake has to: say favorite type of pizza, lake or ocean, summer or winter, etc.



10

“Adolescents who spent more time on new media (including social media and electronic devices such as smartphones) were more likely to report mental health issues, and adolescents who spent more time on non-screen activities (in person social interaction, sports/exercise, homework, print media, and attending religious services) were less likely.”

-Twenge et al

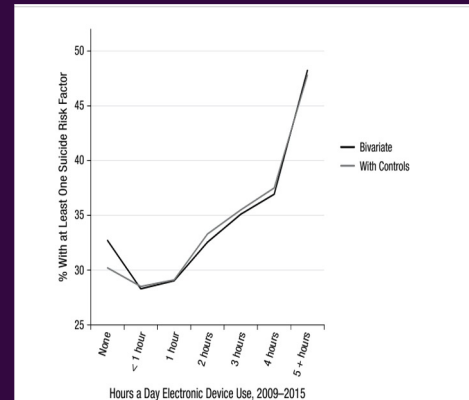


Fig. 2. Exposure-response relationship between electronic device use and having at least one suicide-related outcome. Bivariate and with demographic controls for race, sex, and grade, 9-12th graders, Youth Risk Behavior Surveillance Survey (YRBSS), 2009-2015.

Increases in Depressive Symptoms linked to social media

11



TOWER OF TERROR

- Students stack cups with a notecard in between.
- Students then try to each pull a card out and see if they can get their stack to fall back into a stack.
- How many stacks can you make work?
- How do we get that AHHHHHHHHH LET'S GOOOO MOMENT?
- I WONDER...WHAT IF THEY ANSWERED TRIVIA QUESTIONS TO EARN MORE CARDS?



12

"CHILDREN ACQUIRE THE SKILLS TO BUILD STRONG FRIENDSHIPS AS THEY GET OLDER AND START SCHOOL. EVEN IF THEY ARE AT RISK OF POOR MENTAL HEALTH, THOSE FRIENDSHIP NETWORKS WILL OFTEN GET THEM THROUGH."

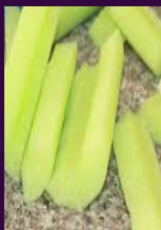
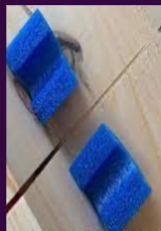
-DR. JENNY GIBSON



CAMBRIDGE RESEARCH ON PLAY

13

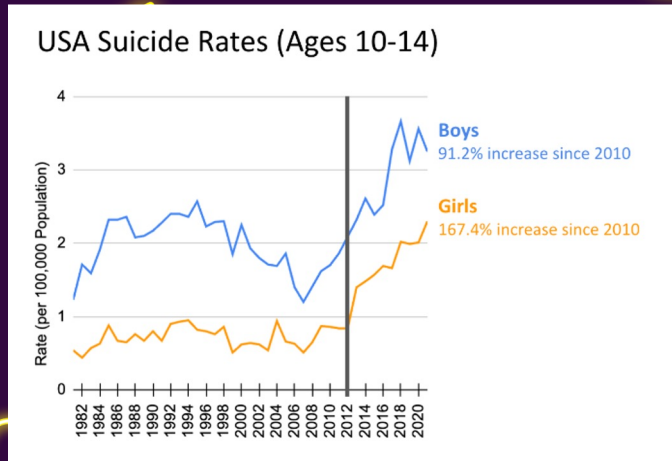
POP IT GAME



- Each partner gets a set of 2 noodles green or blue.
- Each partner pinches poppit noodles in the air.
- The goal is to catch the poppit noodles from your partner.
- Each group gets a point for each poppit that is caught.
- First team to 7 points is the winner.
- Congratulate each other/GG the other team and raise your hand signifying you are ready for a new team.

14

"The joy of play is the joy of freedom from adult control. Other research reveals that the rates of emotional breakdowns and suicides among school-aged children decline markedly every summer when schools shut down and rise again when schools open." -Jonathan Haidt and Peter Gray



15



HEAD, SHOULDERS, KNEES, AND CUP

- Students line up across from each other in 2 lines.
- Place a cone or some object they can grab between each set of two.
- Give them silly commands to do, give them a list of commands
 - -High five, touch your head, touch your knees.
 - When you yell cup the partners race to see who can grab the cone the quickest.
 - I WONDER WHAT IF WE ASKED REVIEW QUESTIONS?



16



THE FLOOR IS LAVA

- Have a category identified. Write the correct answers on the You Got This Stepping Stones.
- Have incorrect answers on the Floor is Lava cards.
- See how quickly students can traverse from one side to the other as a group. Students can work together and help one another. To get the whole team across. What is the reward if they get it done as a group under a certain time?



17

THINGS I HOPE FOR ALL OF YOU:

- BE COURAGEOUS AND TRY THINGS
- WHEN IN DOUBT ALWAYS HAVE FUN
- NEVER STOP LEARNING
- TAKE OPPORTUNITIES EVEN IF YOU ARE SCARED
- BE A CATALYST FOR CHANGE AND GROWTH
- DON'T TAKE YOURSELF SO SERIOUSLY
- LAUGH
- REFLECT AND RISE

18

WHERE DID I LEARN THIS?

- The Power of Play: A Pediatric Role in Enhancing Development in Young Children
- GRAY LANCY BIORKLUND RESEARCH
- CAMBRIDGE RESEARCH ON PLAY
- Jonathan Haidt: Anxious Generation
- Increases in Depressive Symptoms linked to social media

»»

SET LIST:

- JUMP AROUND: HOUSE OF PAIN
- SWEET HOME ALABAMA: LEONARD SKYNARD
- YMCA: THE VILLAGE PEOPLE
- THE WOBBLER: V.I.C
- SHAKE IT OFF: TAYLOR SWIFT
- FOREVER: CHRIS BROWN
- INDIANA JONES THEME SONG
- ONE CALL AWAY: CHARLIE PUTH
- THANK YOU: SLV AND THE FAMILY STONE

19

THANK YOU

SCAN ME

SHEILA_PETERSON@BISMARCKSCHOOLS.ORG
 2024 NORTH DAKOTA TEACHER OF THE YEAR
 @SHEEZYP1

20