

LET'S HAVE FUN IN  
HEALTH CLASS TODAY!



MELANIE LYNCH, M.ED.  
STATE COLLEGE HIGH SCHOOL  
MSL12@SCASD.ORG

# My 30-Day Wellness Challenge



# Lynch

Names: \_\_\_\_\_

Period: \_\_\_\_\_

# GRADING AND INDEX

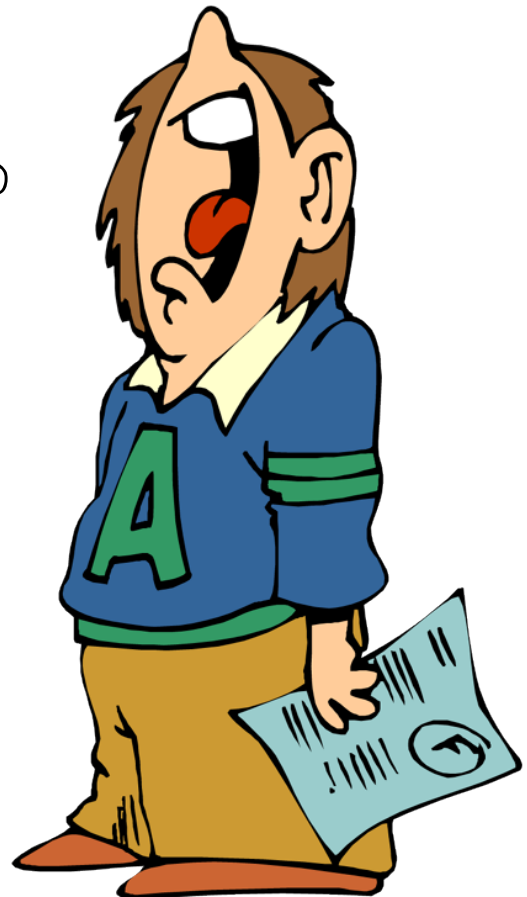
Grading Sheet.....	page 1	XXXXXX
Progress Chart.....	page 2	/5 points
Challenge Plan.....	page 3	/5 points
Journal # 1.....	pages 4-5	/5 points
Journal # 2.....	page 6	/5 points
Journal # 3.....	page 7	/5 points
Journal # 4.....	pages 8-9	/20 points

---

Total Points

/45 points

Motivational.....page 10



# 30 Day Challenges



It is been said that it takes about 30 days to form a habit. The ones that are good for you require cultivation and determination. The starting phase is the hardest, especially if you want to change an old habit into a new one. This is why giving yourself a challenge for a minimum of 30 days is a great way to

improve all facets of your life. Yes, it is a gift. So, take a moment to think 'Who do I want to be in 5 years?' What kind of habits would you like to have? You better start now if you want your new habits to influence your lifestyle and consequently your life! **Below, write a response every day as to how your challenge went.**

1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	21
22	23	24
25	26	27
28	29	30

<http://tiny.cc/xafh9w/gr>

One Day at a time



# 30 Day Challenge

The habit I am creating / destroying is \_\_\_\_\_  
\_\_\_\_\_

Creating / destroying this habit will change my future by \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Affirmation statement \_\_\_\_\_  
\_\_\_\_\_

Plan of action \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Start Date \_\_\_\_\_ End Date \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30









# 30 Day Journal #3



Re-watch the video <http://goo.gl/5SBGEc>. Select three quotes from the motivational video and write them in the space provided. Next, write a short paragraph about how this quote relates to your 30-day challenge.



Quote #1 \_\_\_\_\_  
\_\_\_\_\_

Reflection: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Quote #2 \_\_\_\_\_  
\_\_\_\_\_

Reflection: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Quote #3 \_\_\_\_\_  
\_\_\_\_\_

Reflection: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# 30 Day Journal #4

Now that you are an expert on 30-day challenges, you will be creating a challenge for all students and staff to follow. I am on the Healthy State High action team and we have created numerous challenges in the past for staff and students. This committee and I will choose the winning challenge out of all of my students' submissions. There will be extra-credit given if we use your challenge AND your poster.

## Below are the criteria for the 30-day Wellness Challenge project

Has a universal challenge that will appeal to a large population of people	<u>          </u> /5
Poster has no grammatical errors	<u>          </u> /5
Visual Appeal of Poster with at least one picture.	<u>          </u> /10
<b>Total</b>	<u>          </u> /20

# 30 DAY CHALLENGE

It has been said that it takes about *30 days* to form a habit. The ones that are good for you require cultivation and determination. The starting phase is the hardest, especially if you want to change an old habit into a new one. This is why giving yourself a challenge for a minimum of 30 days is a great way to improve all facets of your life.

The Healthy State High action team is sponsoring another 30-day challenge to all faculty, staff and students at State High. We are hoping to inspire you all to be active *Ten Minutes More* than you are currently. If you are not active at all right now, you will go from zero minutes to ten minutes. The goal is to incorporate activity as a lifestyle, not something we do if we can spare the time. So put on those sneakers and join us in the *Ten Minutes More* challenge



Start Date: \_\_\_\_\_

End Date: Tuesday, \_\_\_\_\_

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30

## HERE'S TO YOUR GOOD HEALTH

# Motivational Quotes

Human progress is neither automatic nor inevitable... Every step toward the goal of justice requires sacrifice, suffering, and struggle, the tireless exertions and passionate concern of dedicated individuals.

Martin Luther King, Jr.

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

Thomas Jefferson

Obstacles are those frightful things you see when you take your eyes off your goal.

Henry Ford

You are capable of more than you know. Choose a goal that seems right for you and strive to be the best, however hard the path. Aim high. Behave honorably. Prepare to be alone at times, and to endure failure. Persist! The world needs all you can give.

E. O. Wilson

Leaders are made, they are not born. They are made by hard effort, which is the price which all of us must pay to achieve any goal that is worthwhile.

Vince Lombardi

# CELEBRITY DEATH DINER

**Skill Emphasis:** Accessing Information (AI),

**Content:** Alcohol and other drugs

**Topic:** The affect alcohol has had on premature death of celebrities

**PA Health Standard:**

10.1.12.D. - Evaluate issues relating to the use/non-use of drugs.

10.3.12.A. - Assess the personal and legal consequences of unsafe practices in the home, school or community.

**Title:** Celebrity Death Dinner

**Grade Level:** High School

**Cross Curricular Connections:**

PA Literature and Composition

1.5.12.B. - Develop content appropriate for the topic: Gather, organize, and determine validity and reliability of information; Employ the most effective format for purpose and audience; Write fully developed paragraphs that have details and information specific to the topic and relevant to the focus.

1.6.12.A. - Listen critically and respond to others in small and large group situations: Respond with grade level appropriate questions, ideas, information, or opinions.

**Objectives:**

-Students will formulate a list of at least 10 personal facts of their assigned celebrity and be able to accurately use those facts to answer questions about their celebrity in a role-playing scenario.

-Students will design a tombstone that accurately depicts at least 10 facts about their assigned celebrity.

**Class Outline:**

- Set induction
- Celebrity research
- Create tombstone
- Celebrity diner
- Closure



# CELEBRITY DEATH DINER

## Set induction

Today class I am going to show you a PowerPoint of 25 celebrities and I am also going to show you a video clip of a piece of their work. I want you to watch the PowerPoint quietly and I will be asking some questions at the end of the presentation. What were some common themes between all of the celebrities? (I am looking for the students to realize that all of the celebrities are deceased and their death was caused by drugs and/or alcohol.)

## Celebrity Research

Each student will sign up for a celebrity and complete all of the research for that particular celebrity.

Research Requirements:

- Celebrity's name
- Date of birth
- Date of death
- Overview of celebrity with at least ten personal facts.
- Major professional contribution(s) from celebrity
- What drug caused their death and the specific circumstances behind that death
- Write a link of a video with a piece of the celebrity's work

## Create tombstone

The students will use the research information and create a tombstone as a visual aid. The students must have their tombstone with them during the celebrity diner portion of the lesson. Tombstone should include:

- Must have information found in the research included on tombstone
- Must be colorful
- Must be neat and legible (you can print out facts and paste them onto the tombstone)
- Include a photo of the celebrity onto the tombstone

# CELEBRITY DEATH DINER

## Celebrity Diner

After the research is complete and the tombstones are created, the classroom will be set up like a panel discussion. The seats are in a semi-circle and two large tables are brought in and placed in the front of the circle. Students will assume the identity of their celebrity for the entire period. The teacher will call six celebrities up at a time. Each celebrity will introduce him or herself and answer a series of random questions that will be asked by the teacher. The objective is for the celebrities to know the questions ask of them. After each group has answered the questions, six new celebrities come to the front and have a seat. During this day students will be provided tea, hot chocolate and animal crackers to give the room a more diner-like feel. Some sample questions that can be asked:

- ★ How old were you when you died?
- ★ What was your greatest professional accomplishment?
- ★ Tell me 5 facts about you before you were famous.
- ★ Tell me about your family.
- ★ Tell me about your drug/alcohol use.
- ★ Show a video clip of your work.
- ★ If you were alive today, how would your work be different?
- ★ Who were you closest to in life?
- ★ What were the circumstances of your death?
- ★ What type of personality did you have?

## Closure:

For the last few days, we have been researching a lot of talented people who's lives were cut short due to drugs and/or alcohol. They not only were talented people, but they were had friends and family who loved them. Now imagine if your life were cut short due to drugs and/or alcohol. Think of the people you would leave behind and the dreams that would never get to come to fruition because your life was cut short.

## Materials:

-PowerPoint and computer, poster paper, tea, hot chocolate, snack, Large tables and 6 chairs, glue or tape, markers and access to a printer.

## Sources:

Lynch, Melanie, M.Ed. State College Area High School, State College, PA 2011

# Celebrity Diner Presentation

## Research Requirements:

- Celebrity's name
- Date of birth
- Date of death
- Overview of celebrity with at least ten personal facts.
- Major professional contribution(s) from celebrity
- What drug caused their death and the specific circumstances behind that death
- Write a link of a video with a piece of the celebrity's work



## Tombstone requirements:

- Must have information from above included on tombstone
- Must be colorful
- Must be neat and legible (you can print out facts and paste them onto the tombstone)
- Include a photo of the celebrity onto the tombstone



# Celebrity Diner Presentation

- \_\_\_\_\_ Celebrity's name/ picture **1 point**
- \_\_\_\_\_ Date of birth and death **1 point**
- \_\_\_\_\_ Overview of celebrity with at least ten personal facts, **8 points**
- \_\_\_\_\_ Major contribution(s) from celebrity **4 points**
- \_\_\_\_\_ Dinner conversation accuracy **4 points**
- \_\_\_\_\_ What drug caused their death and the specific circumstances behind that death **4 points**
- \_\_\_\_\_ Tombstone is decorated and has all of the information in an easy to-read format **8 points**

Total \_\_\_\_\_ / 30 points

Teacher's Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Dead Celebrities

Name	Occupation	Student assigned to celebrity
Jimi Hendrix	Musician	
Janis Joplin	Musician	
River Phoenix	Actor	
John Belushi	Actor / Comedienne	
Jim Morrison	Musician	
Marilyn Monroe	Actress	
John Bonham	Musician	
Keith Moon	Musician	
Chris Farley	Actor / Comedienne	
Phil Hartman	Actor / Comedienne	
Rob Pilatus	Musician	
Elvis Presley	Musician and actor	
Bon Scott	Musician	
Hillel Slovak	Musician	
Judy Garland	Musician and actress	
Kurt Cobain	Musician	
Anna Nicole Smith	Model/Actress	
Heath Ledger	Actor	
Michael Jackson	Musician	
Gia Carangi	Model	
Amy Winehouse	Singer	
Whitney Houston	Singer/Actress	
Corey Monteith	Actor	
Chris Kelly	Singer	
Princess Diana	Royalty	
Christina O'nassis	Heiress	
Andy Gibb	Musician	
Robin Crosby	Musician	
Dana Plato	Actress	
Jackson Pollock	Painter	
Edgar Allen Poe	Poet/Author	
Phillip Seymour Hoffman	Actor	

Period \_\_\_\_\_



# Celebrity Rubric

Category	4	3	2	1
Tombstone creativity	This poster is exceptionally attractive in terms of design, layout and neatness	This poster is attractive in terms of design, layout and neatness	This poster is acceptably attractive in terms of design, layout and neatness	This poster is distractingly messy or very poorly designed.
Tombstone neatness	This poster is exceptionally attractive in terms of design, layout and neatness	This poster is attractive in terms of design, layout and neatness	This poster is acceptably attractive in terms of design, layout and neatness	This poster is distractingly messy or very poorly designed.
Dinner Conversation	Student accurately answered all questions related to facts at dinner	Student accurately answered most questions related to facts at dinner	Student accurately answered about 75% questions related to facts at dinner	Student appears to have insufficient knowledge about the celebrity
Celebrity facts Double this score	At least 10 accurate facts about celebrity	7-9 accurate facts about celebrity	5-6 accurate facts about celebrity	Less than 5 accurate facts about celebrity
Major contribution from celebrity	Elaboration consists of specific, developed details	Elaboration consists of some details	Elaboration consists of general and/or undeveloped details	Elaboration is sparse; almost no details
Cause of death	Elaboration consists of specific, developed details	Elaboration consists of some details	Elaboration consists of general and/or undeveloped details	Elaboration is sparse; almost no details

Date of birth and death **1 point**

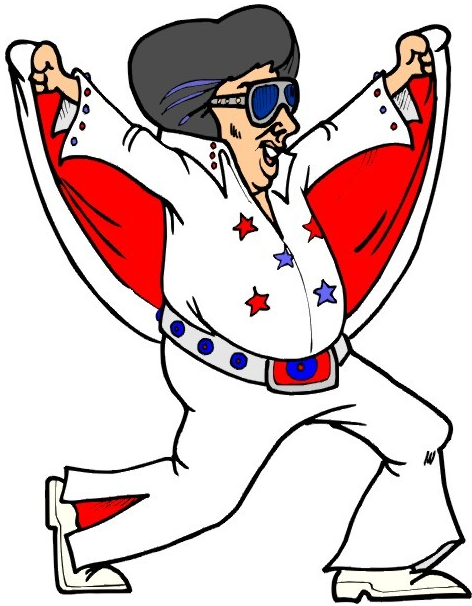
Celebrity's name/ picture **1 point**

Name: \_\_\_\_\_ Period \_\_\_\_\_ Celeb

ity \_\_\_\_\_ Score \_\_\_\_\_ /30

# Celebrity Diner Presentation

Overview of celebrity (at least 10 facts)



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

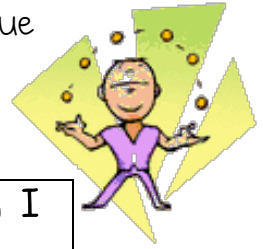






# HOW IS MY ACT?

**Directions:** For each value listed, write your ranking in column 2. Then for your 3 highest values, describe in column 3 how you act to show the value is important. In column 4, describe what else you could do.



Value	Ranking	How I act on this value	What else can I do
Wealth			
Health			
Relationships			
Peace			
Equality			
Freedom			
Education			
Success			

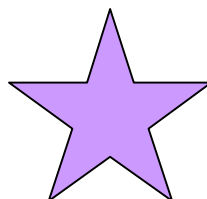
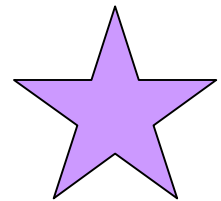
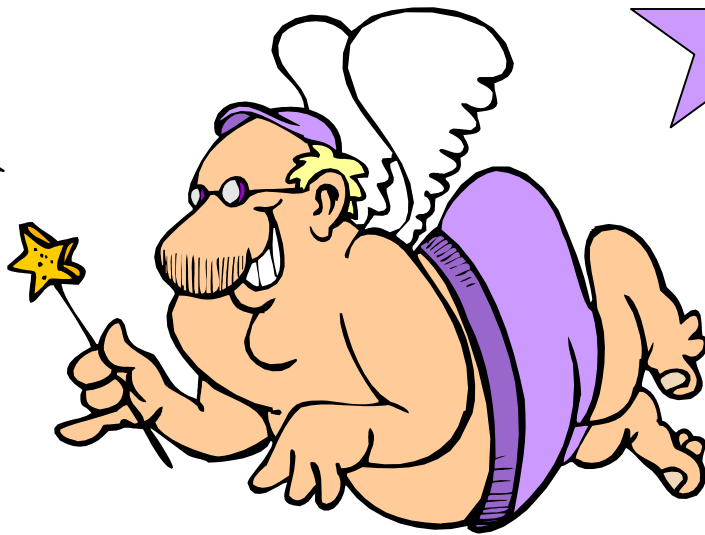
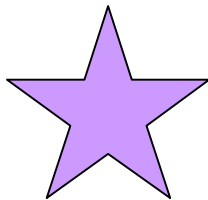
# GEROUP 雜貨

You were drinking and dove into a shallow pool and broke your neck. You are now paralyzed from the neck down (Quadriplegia). You now must have a full time nurse to take care of you, as you cannot do anything for yourself.

Please list 5 sacrifices that you would make in exchange for getting rid of your Quadriplegia. It must be a substantial sacrifice.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

I'm the  
Wellness  
Fairy





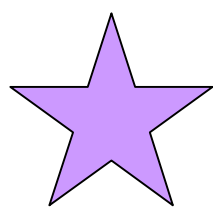
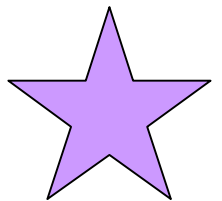
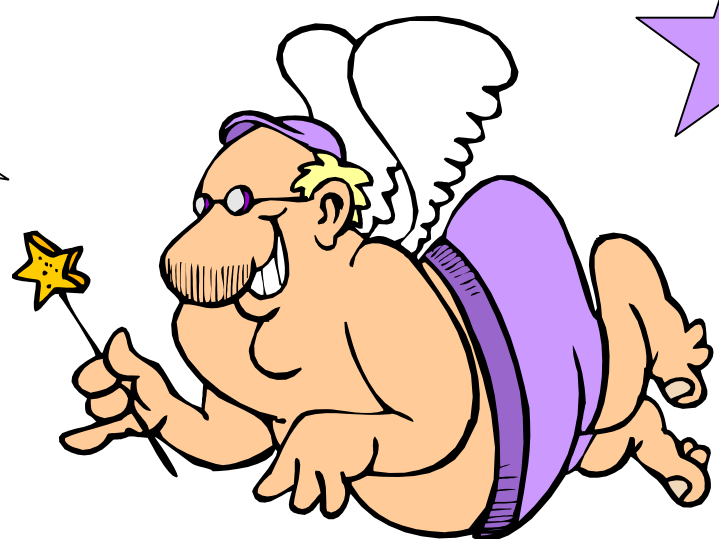
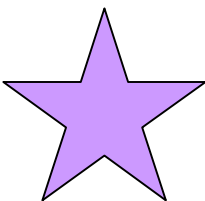
# GEROUP #2

You were just diagnosed with HIV (Human Immuno-deficiency Virus). Currently there is no cure for HIV and most patients do die. There are a lot of medical complications that occur before the patient dies

Please list 5 sacrifices that you would make in exchange for getting rid of your HIV. It must be a substantial sacrifice.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

I'm the  
Wellness  
Fairy



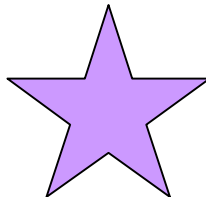
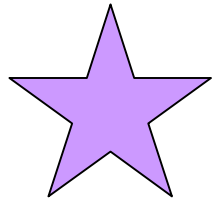
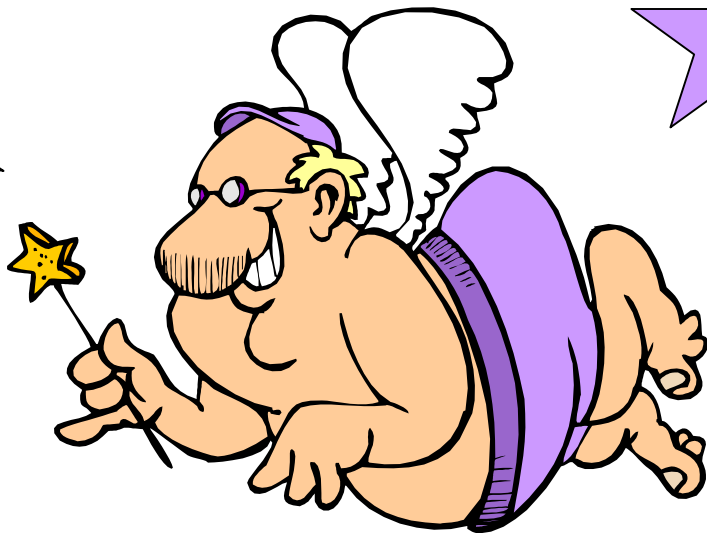
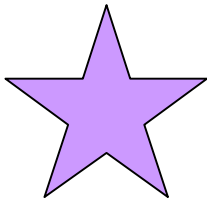
# GEROUP #3

You were just diagnosed with Emphysema caused by years of smoking. You are so short of breath that you can no longer do simple chores like grocery shopping. You must be on oxygen to prevent damage to your organs. This is really affecting your lifestyle and you are very depressed.

Please list 5 sacrifices that you would make in exchange for getting rid of your emphysema. It must be a substantial sacrifice.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

I'm the  
Wellness  
Fairy



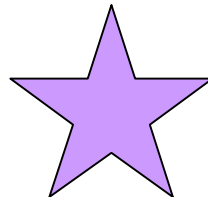
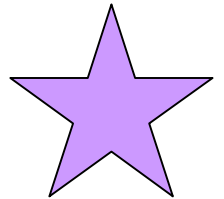
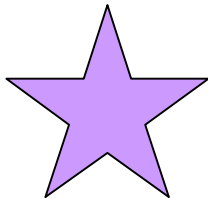
# GEROUP #4

You are 35 years-old and you have been inactive your entire life. You have steadily gained 100 pounds since graduating from high school.. Your cholesterol, blood pressure and stress levels are all extremely high. You have just had a major heart attack and probably will not live.

Please list 5 sacrifices that you would make in exchange for getting rid of your heart disease. It must be a substantial sacrifice.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

I'm the  
Wellness  
Fairy



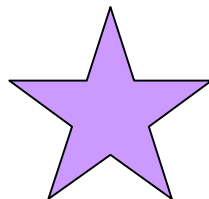
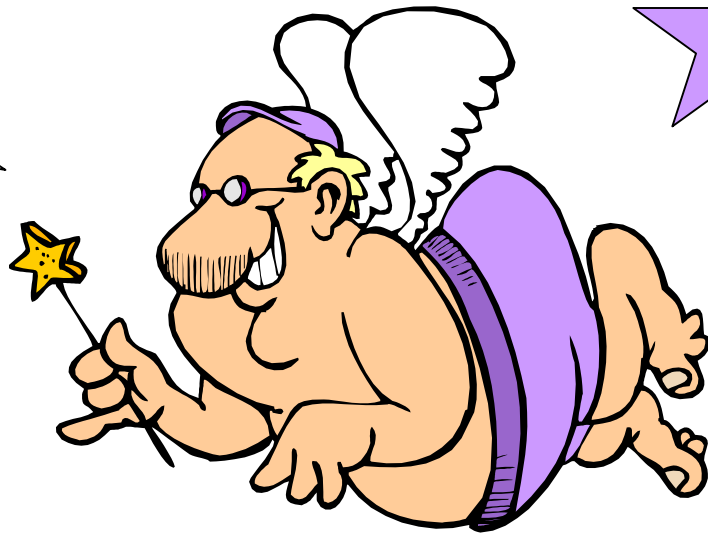
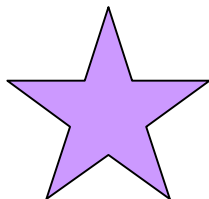
# GEROUP #5

You are a fast food nut. You love the food from all of the local fast food restaurants. Also, you are busy so the drive- through windows are very convenient. The problem is that you have developed severe obesity. You are now morbidly obese and you are not eligible for the obesity surgery because your doctor feels that you will not live through the surgery at your current weight and health.. Your quality of life has declined tremendously and you are extremely depressed.

Please list 5 sacrifices that you would make in exchange for getting rid of your obesity. It must be a substantial sacrifice.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

I'm the  
Wellness  
Fairy



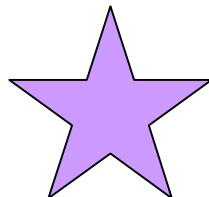
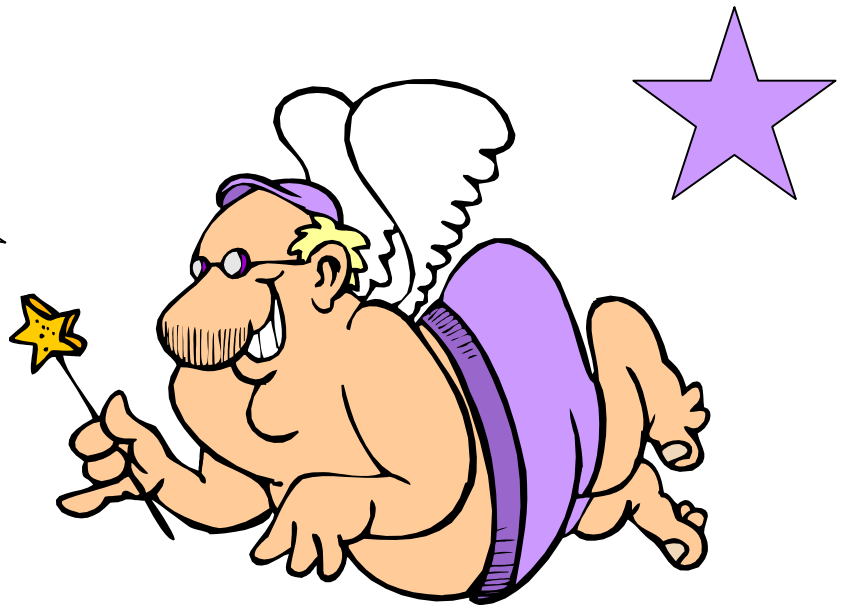
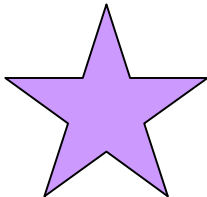
# GEROUP #6

You were driving your car and going 85 miles per hour. A car pulled out in front of you and you swerved to miss it. Unfortunately, you hit a tree and were ejected from your car. You were not wearing your seat belt. Now you have a serious brain injury and can not speak well. You have the mental capacity of a five year old.

Please list 5 sacrifices that you would make in exchange for getting rid of your brain injury. It must be a substantial sacrifice.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

I'm the  
Wellness  
Fairy



# My Sacrifice

Individually, not as a group, list your sacrifice and write at least one sentence to explain how this sacrifice could impact the five health domains.

I would sacrifice \_\_\_\_\_ to avoid \_\_\_\_\_ (Condition that was assigned to your group)

State How your sacrifice would affect your Physical Health: \_\_\_\_\_  
\_\_\_\_\_

State How your sacrifice would affect your Mental Health: \_\_\_\_\_  
\_\_\_\_\_

State How your sacrifice would affect your Social Health: \_\_\_\_\_  
\_\_\_\_\_

State How your sacrifice would affect your Vocational Health: \_\_\_\_\_  
\_\_\_\_\_

State How your sacrifice would affect your Spiritual Health: \_\_\_\_\_  
\_\_\_\_\_

Write at least 3 health goals you could set to prevent the illness or disease that you were assigned?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Ticket Day

On random days, I make the day a "Ticket Day". On these days, if a student participates or shows respect to others, they receive part of a raffle ticket. The other half of the raffle ticket goes into a hat. At the end of the period, I draw one or two tickets out of the hat and the student gets to visit the goody basket. The goody basket has healthy snacks, school supplies, gum, etc...

Students are aware that they need to follow all four class rules to be eligible for the goody basket.



## CLASS RULES:

- Be on time
- Be prepared with materials
- No profanity
- RESPECT

**HEALTH CASH**

THIS COUPON CAN BE SUBMITTED TO YOUR TEACHER AND IS EQUAL TO **5** BONUS POINTS.

NAME: \_\_\_\_\_

dreamstime.com

**HEALTH CASH**

THIS COUPON CAN BE SUBMITTED TO YOUR TEACHER AND IS EQUAL TO **5** BONUS POINTS.

NAME: \_\_\_\_\_

dreamstime.com

**HEALTH CASH**

THIS COUPON CAN BE SUBMITTED TO YOUR TEACHER AND IS EQUAL TO **5** BONUS POINTS.

NAME: \_\_\_\_\_

dreamstime.com



# YOU BE THE STAR

of health education



2012

you are going to create a poster that promotes lifetime wellness skills that are taught and/or promoted through health education class. you must have a picture and a catchy slogan.



## Be Creative and Have Fun with this assignment

# GRADING RUBRIC

A PICTURE OF YOU ADVOCATING FOR HEALTH EDUCATION IS IN YOUR POSTER

10 POINTS

A HEALTH EDUCATION PROMOTION SLOGAN IS USED IN YOUR POSTER

5 POINTS

POSTER IS NEAT AND USES PROPER SPELLING AND GRAMMAR

5 POINTS

20 POINTS TOTAL



## SCHEDULE OF EVENTS

1. **ASSEMBLE YOUR BAND:** YOU WILL BE WORKING IN GROUPS OF 3 OR 4 STUDENTS.

2. **SONG WRITING:** YOU MUST CREATE A JINGLE, SHORT SONG, OR RAP THAT PROMOTES GOOD HEALTH AND HAS A POSITIVE HEALTH MESSAGE.

3. **REHEARSAL:** YOU WILL HAVE BETWEEN 15 AND 20 MINUTES TO WRITE YOUR SONG AND REHEARSE.

4. **PERFORM IN FRONT OF THE JUDGES:** YOU WILL PRESENT YOUR ORIGINAL SONG TO YOUR CLASS.

5. **AWARDS:** AFTER EACH GROUP HAS PERFORMED, WE WILL TAKE A CLASS VOTE TO SEE WHO WILL BE NAMED "HEALTH CLASS TOOLS "



## Song Rubric

Names of Group Members:

Creativity of Song/Poem	1	2	3
Enthusiasm of Performance	1	2	3
Quality of Health Message	1	2	3
Group Participation	1	2	3

## Song Rubric

Names of Group Members:

Creativity of Song/Poem	1	2	3
Enthusiasm of Performance	1	2	3
Quality of Health Message	1	2	3
Group Participation	1	2	3

## Song Rubric

Names of Group Members:

Creativity of Song/Poem	1	2	3
Enthusiasm of Performance	1	2	3
Quality of Health Message	1	2	3
Group Participation	1	2	3

# Stress... It's Everywhere!

You are going to create a PowerPoint that illustrates what causes you stress and your ways of coping with your stress. Project Requirements:

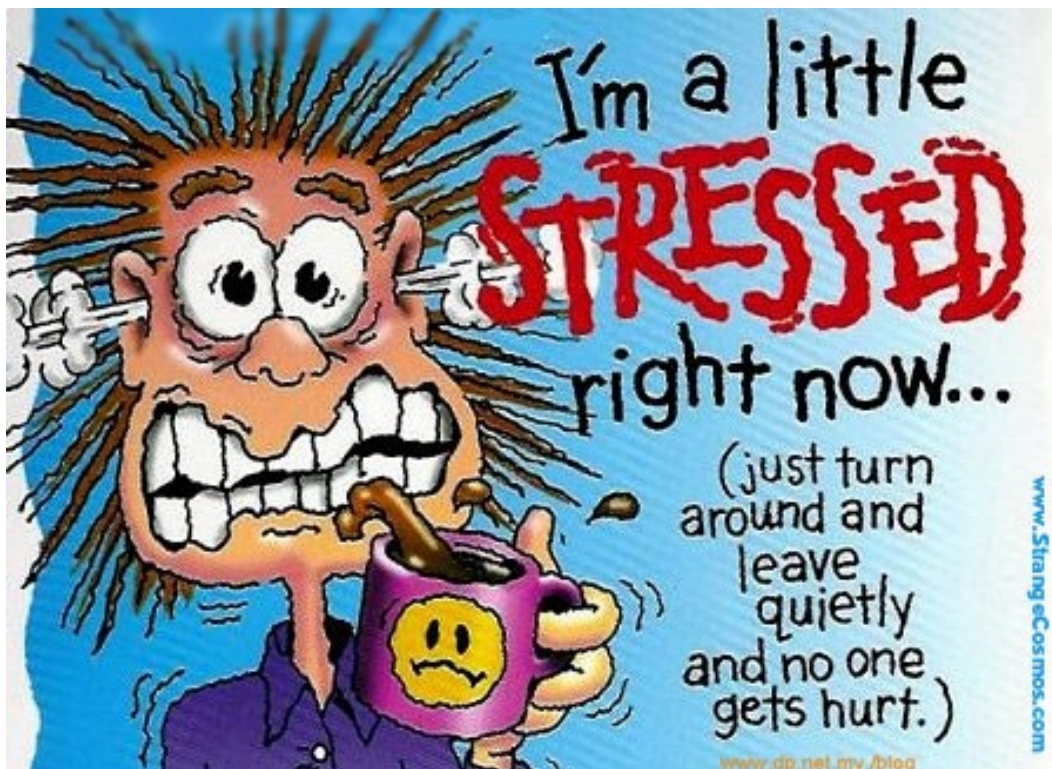
- ✦ You must have a title slide with your name on it.
- ✦ You must have 25 different slides with one picture of a stressor on each slide
- ✦ You must have 5 different slides with one picture of a stress reliever on each slide
- ✦ Under the transitions tool bar, an options button will appear. Set the show to automatically advance after 4 seconds.
- ✦ You must also put music from the transition bar for the first slide only. Click apply not apply to all. It must be in WAV format.



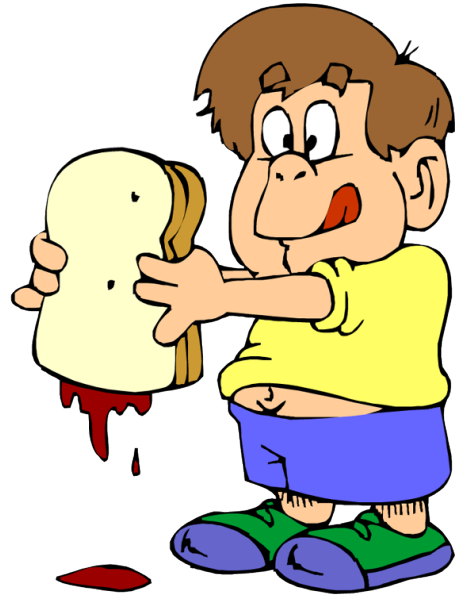
# Stress...Its Everywhere Rubric

Below are the criteria for the  
Stress...Its Everywhere PowerPoint Project

Identification of Stressors $\frac{1}{2}$ point each	<u>        </u> /12.5
Stress Relievers	<u>        </u> /5
Title Slide with Name	<u>        </u> /.5
Music throughout PowerPoint	<u>        </u> /5
Visual Appeal of Presentation	<u>        </u> /2
<b>Total</b>	<u>        </u> <b>/25</b>



# Peanut Butter & Jelly Sandwich



WRITE THE DIRECTIONS OF HOW TO MAKE A PEANUT BUTTER AND JELLY SANDWICH ON THE LINES BELOW.

Name: \_\_\_\_\_

DIRECTIONS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Introduction:

Peanut Butter and Jelly Sandwich Activity:

- 1) Ask each student to take a piece of paper and write his/ her own directions on "how to make a peanut butter and jelly sandwich." Fold the sheets of directions and put in a pile.
- 2) Ask for two volunteers.
- 3) Have one volunteer choose a set of written directions.
- 4) The first volunteer will read the following to the second volunteer: You will imagine that you have never made a peanut butter jelly sandwich. You must follow the written directions to make a peanut butter and jelly sandwich. You can only do what the directions say to do. For example, if the directions say, "spread the peanut butter on the bread" and they forgot the part about picking up the knife, then what do you do? Can you get the jelly out of the jar if the directions do not include "open and remove the lid of the jar"?
- 5) Proceed with other volunteers using selected directions.
- 6) Keep the action going until you read as many directions as time allows, searching for directions that clearly communicate how to make a peanut butter and jelly sandwich.