



CLIMATE



Building An Ice Tower Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ A bowl of ice cubes (or building blocks)
- ▶ A cloth to clear up any mess from the ice cubes

L.O:

- ▶ To understand how to build myself back up stronger after being overwhelmed and experiencing a meltdown.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Have the class share examples of when things got a bit much for them and they found it hard to stay cool and calm.

Tell them that we will be exploring the ways in which we can pick ourselves back up again after having trouble controlling or understanding our emotions and reactions. Tell the class that this can happen to all of us and that it is ok if things get too much.

MAIN TEACHING (10mins)

Make sure the class knows that whilst having a meltdown is normal and can happen occasionally, the most important part is how we act afterwards. It can be a good thing to look at how we reacted, what caused those reactions or what events lead up to it. This way we can either try and avoid or deal with the cause going forward, or maybe even evaluate our reaction to them to see if we can react differently should it happen again.

Tell the class that this is an example of making a positive decision to hopefully improve future situations. Ask for volunteers to think of ways they could learn from this kind of self evaluation and how they could apply it.

MAIN TASK - Building An Ice Tower (15mins)

Prepare a big bowl of ice for this activity. Tell the children that they are going to work together to build the strongest tower possible out of ice, before the ice melts away. Every time the tower falls down, have the pupils discuss how they could work to make the tower stronger and less likely to fall down next time.

TIPS: You can use other building blocks instead of ice to make it easier and cleaner.

If you can, make different shaped cubes to make it more of a challenge and more fun to build.

PLENARY (2mins)

GROUP DISCUSSION – As a group ask the class to share other ways in which they can think of to help themselves or others make positive choices to rebuild and become stronger after a meltdown. Add these on to the word map created in the Bottle on the Wall.

DID YOU KNOW!

The ice sheets in Antarctica make up 90% of the world's ice as well as 70% of the world's fresh water. To find out more about land ice and sea ice, and how climate change impacts them checkout our science lesson "Land Ice vs Sea Ice".



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CHILDREN'S SHEET

Work together to build the strongest tower possible out of ice, before the ice melts away.

Every time the tower falls down, discuss how you could work to make the tower stronger and less likely to fall down next time.

TIPS:

You can use other building blocks instead of ice to make it easier and cleaner.

