## **Two-Minute Takeoff**

Self-Direction (S) • Time: 10 mins • Suggested band: Low/Average • Materials: Takeoff slip or planner

## Why this

Beat procrastination by shrinking the first step to something you can do immediately, creating momentum and lowering activation energy.

### Steps

- 1 Choose one task you've delayed.
- 2 Write the two-minute version of starting it (e.g., open the doc and write a title).
- 3 Do it now. Stop after two minutes.
- 4 Decide: either bank the win or schedule the next 10-minute chunk in your planner.

#### Teacher notes

Circulate and help students define truly tiny starts.

#### **Evidence**

Completed slip or calendar entry.

#### Differentiation

Example micro-starts for anxious students; stretch: chain three takeoffs across the week.

ID: S\_two\_minute\_takeoff • Source: original

# First-Domino (Minimum Viable Task)

Self-Direction (S) • Time: 15 mins • Suggested band: All • Materials: Domino template

#### Why this

Turn a vague goal into one clear action that removes a key blocker and unlocks progress.

## Steps

- 1 Write a 7-day goal.
- 2 List blockers that make starting hard.
- 3 Identify the 'First Domino' action that removes the main blocker.
- 4 Add an IF-THEN plan (If it's 4pm, then I start for 15 minutes) and time-box it.

#### Teacher notes

Model picking a blocker with highest leverage.

#### **Evidence**

Template + scheduled time-block.

#### **Differentiation**

Offer IF-THEN stems; stretch: add a second domino.

ID: S\_first\_domino\_minimum\_viable\_task • Source: original

## **Risk Tokens**

Self-Direction (S) • Time: 10 mins • Suggested band: Average/High • Materials: Three paper tokens per student

## Why this

Normalise small educational risks to build initiative and confidence.

## **Steps**

- 1 Define three safe risks (e.g., ask a question, try a harder set, share a draft).
- 2 Students 'spend' one token per risk during the week.
- 3 End-of-week: circle which risks paid off and write one learning.

#### Teacher notes

Offer a menu of risk ideas tied to the subject.

#### **Evidence**

Tokens annotated + reflection note.

#### Differentiation

Provide sentence starters for asking questions; stretch: mentor a peer to spend a token.

ID: S\_risk\_tokens • Source: original

# **Action Sprints (10–20–2)**

Self-Direction (S) • Time: 32 mins • Suggested band: All • Materials: Timer, sprint log

### Why this

Short planning + focused work + quick review builds a repeatable action habit.

## Steps

- 1 Plan for 10 minutes: define one clear outcome and list three steps.
- 2 Work for 20 minutes in focused mode (no phones).
- 3 Review for 2 minutes: tick steps, note a barrier, schedule the next sprint.

#### Teacher notes

Keep energy high; insist on a visible product by the end.

#### **Evidence**

Sprint log with ticks and next booking.

#### Differentiation

Provide step exemplars; stretch: add a productivity experiment (e.g., site blocker).

ID: S\_action\_sprints\_10\_20\_2 • Source: adapted\_from\_vespa

# Implementation Intentions (IF-THEN)

Self-Direction (S) • Time: 12 mins • Suggested band: Low/Average • Materials: IF-THEN card

#### Why this

Pre-commit to actions by linking them to situational cues so the start happens automatically.

## Steps

- 1 Pick one study goal for this week.
- 2 Write three IF-THEN statements that tie the goal to time/place triggers.
- 3 Share one IF-THEN with a partner and add to calendar.

#### Teacher notes

Model strong cues (exact time/place) and concrete actions.

#### **Evidence**

IF-THEN card completed + calendar entry.

#### Differentiation

Provide cue examples; stretch: track hit-rate across a week.

ID: S\_implementation\_intentions\_if\_then • Source: adapted\_from\_vespa

# **Action Priority Matrix**

Self-Direction (S) • Time: 15 mins • Suggested band: All • Materials: A4 matrix grid

#### Why this

Choose high-impact, low-effort actions first to create fast momentum.

## Steps

- 1 Brainstorm 8–10 possible actions for this week.
- 2 Plot each on the matrix (Impact vs Effort).
- 3 Select two 'Quick Wins' and one 'Major Project' to schedule, with dates.

### Teacher notes

Challenge students who overfill 'Major Projects' to split them smaller.

#### **Evidence**

Matrix sheet + three scheduled actions.

#### Differentiation

Provide example actions; stretch: justify placements with one sentence each.

ID: S\_action\_priority\_matrix • Source: adapted\_from\_vespa

# **Daily Start Line**

Self-Direction (S) • Time: 8 mins • Suggested band: Low/Average • Materials: Index card or planner

## Why this

Create a three-step start-up ritual so work begins without debate.

## Steps

- 1 Define your Start Line: clear space, open resource, write the first sentence/problem.
- 2 Practise the Start Line now in under two minutes.
- 3 Set a daily time to run your Start Line and tick it off for five days.

#### Teacher notes

Keep the ritual short and identical each day.

#### **Evidence**

Start Line card with five ticks.

#### Differentiation

Offer model rituals; stretch: add a 'shutdown' ritual for the end of study.

ID: S\_daily\_start\_line • Source: original

## The 48-Hour Rule

Self-Direction (S) • Time: 10 mins • Suggested band: Average/High • Materials: Planner

### Why this

Commit to taking one concrete action toward a new idea within 48 hours to lock in momentum.

## Steps

- 1 Choose one idea or opportunity you've been considering.
- 2 Define one concrete action you can take in 48 hours.
- 3 Schedule it with date/time and tell a partner for accountability.

#### Teacher notes

Emphasise small, do-able actions (email, draft, ask, book time).

#### **Evidence**

Calendar entry + partner check-in note.

### **Differentiation**

Provide sample actions; stretch: set a second action for day 7.

ID: S\_the\_48\_hour\_rule • Source: original

# **Control Compass**

Purpose (P) • Time: 15 mins • Suggested band: All • Materials: 4-quadrant sheet

#### Why this

Shift attention to controllables and near-term influence to reduce anxiety and increase agency.

## Steps

- 1 Choose a medium-term aim (half-term).
- 2 Sort items into Control / Influence / Aware / Let go.
- 3 Pick two items from Control/Influence to act on this week and schedule them.

#### Teacher notes

Model the difference between influence and control with examples.

#### **Evidence**

Completed compass + two scheduled actions.

#### **Differentiation**

Provide a bank of examples; stretch: write an influence script (what you'll say to someone).

ID: P\_control\_compass • Source: original

# **Purpose Circles**

Purpose (P) • Time: 20 mins • Suggested band: Average/High • Materials: Concentric circles template

### Why this

Keep purpose (who you're becoming) central while allowing goals to change as you learn.

## Steps

- 1 Write your Core Purpose in the centre (the kind of person you're becoming).
- 2 Add 2-3 Themes (e.g., service, creativity, mastery).
- 3 List three Current Goals that serve those themes; add one next step per goal.

#### Teacher notes

Encourage verbs ('become, serve, create') over titles ('be a...').

#### **Evidence**

Circles sheet + three next steps.

#### Differentiation

Provide sentence starters for purpose; stretch: add one 'sunset' goal to retire.

ID: P\_purpose\_circles • Source: original

## **Future-Me Interview**

Purpose (P) • Time: 15 mins • Suggested band: Low/Average • Materials: Prompt cards or slide

### Why this

Visioning by questioning: students interview a 'future me' two years ahead to surface habits and choices.

### Steps

- 1 Pair up: one student plays 'Future Me'.
- 2 Interviewer asks prompts: What are you proud of? What habits got you there? What changed?
- 3 Swap roles; each writes one habit to start this week.

#### Teacher notes

Keep answers focused on controllables not luck.

#### **Evidence**

Habit start card photographed into planner.

#### Differentiation

Provide prompt stems; stretch: record a 60-sec audio reflection.

ID: P\_future\_me\_interview • Source: original

## **Values to Verbs**

Purpose (P) • Time: 15 mins • Suggested band: All • Materials: Values list + action sheet

### Why this

Translate personal values into weekly actions so purpose shows up in behaviour.

## Steps

- 1 Circle 2–3 values that matter to you (e.g., curiosity, kindness, excellence).
- 2 For each value, write one verb-based action you will take this week.
- 3 Schedule actions and decide a check-in day.

#### Teacher notes

Model weak vs strong actions (vague vs specific).

#### **Evidence**

Three scheduled value-actions.

#### Differentiation

Provide value bank; stretch: share one action publicly for accountability.

ID: P\_values\_to\_verbs • Source: original

# **Pathway Map & Detours**

Purpose (P) • Time: 18 mins • Suggested band: Average/High • Materials: A3 map template

### Why this

Design multiple routes to an aim and pre-plan detours so changes don't derail progress.

## Steps

- 1 Write the aim at the top (e.g., 'confident in maths retrieval').
- 2 Draw at least three pathways (different strategies or supports).
- 3 For each, add two 'detour' options if that path is blocked.

#### Teacher notes

Reinforce that outcomes can change; purpose remains.

#### **Evidence**

Map with 3 pathways + detours.

#### Differentiation

Provide example pathways; stretch: add a 'review date' to select next path.

ID: P\_pathway\_map\_detours • Source: original

# **Mentor Map**

Purpose (P) • Time: 12 mins • Suggested band: All • Materials: Mentor grid

## Why this

Identify people and places that can help and plan respectful outreach.

## Steps

- 1 Brainstorm 5 helpers: peer, teacher, older student, family, online forum.
- 2 Write one specific question for two helpers and how you'll ask.
- 3 Schedule outreach this week.

#### Teacher notes

Coach on polite, concise asks.

### **Evidence**

Two outreach messages sent.

#### Differentiation

Provide message templates; stretch: prepare a follow-up question.

ID: P\_mentor\_map • Source: original

# **Opportunity Radar**

Purpose (P) • Time: 10 mins • Suggested band: High/Very High • Materials: Sticky notes or digital board

### Why this

Train attention to spot and log opportunities that align with purpose.

## **Steps**

- 1 Create three radar categories (learn, lead, contribute).
- 2 Add one opportunity to each category this week.
- 3 Pick one and schedule a first action.

#### Teacher notes

Celebrate small opportunities equally with big ones.

#### **Evidence**

Radar board + one scheduled action.

#### Differentiation

Provide examples; stretch: recruit a peer to join one opportunity.

ID: P\_opportunity\_radar • Source: original

# **Purpose Post-it Prompts**

Purpose (P) • Time: 8 mins • Suggested band: Low/Average • Materials: Three Post-its

#### Why this

Weekly micro-reflection to keep the 'why' visible without over-fixing on outcomes.

## Steps

- 1 Write three prompts: Why this matters? What's my next tiny step? Who can help?
- 2 Stick them in your workbook/desk.
- 3 Answer them once this week before starting work.

### Teacher notes

Keep prompts visible and simple.

#### **Evidence**

Dated responses on Post-its.

#### Differentiation

Offer prompt variations; stretch: rotate prompts monthly.

ID: P\_purpose\_post\_it\_prompts • Source: original

# **Listening Ladders**

Awareness (A) • Time: 15 mins • Suggested band: Low/Average • Materials: Ladder card (Hear  $\rightarrow$  Paraphrase  $\rightarrow$  Clarify  $\rightarrow$  Build/Challenge)

## Why this

Practise deep listening and separate ideas from people to improve group learning.

### **Steps**

- 1 Work in trios: Speaker (60s), Listener (paraphrase + clarify), Observer (ticks ladder steps).
- 2 Rotate roles with a new prompt (e.g., 'Best way to revise').
- 3 Debrief: which paraphrases felt respectful and useful?

#### Teacher notes

Enforce no interruptions; observers coach language.

#### **Evidence**

Observer tick-sheet per round.

#### **Differentiation**

Provide sentence stems; stretch: add a 'steelman' (state the best version of the other view).

ID: A\_listening\_ladders • Source: original

# **Red/Blue Team (Kind Edition)**

Awareness (A) • Time: 20 mins • Suggested band: High/Very High • Materials: Topic prompt; role cards

#### Why this

Create a safe structure to challenge ideas and improve them together.

## Steps

- 1 Group of 4: Presenter shares an idea for 60–90s.
- 2 Red Team asks questions and surfaces risks; Blue Team suggests improvements.
- 3 Presenter 'steelmans' the strongest opposing point, then updates the idea.

#### Teacher notes

Model tone: challenge the idea, not the person.

#### **Evidence**

Updated idea slip with change noted.

#### Differentiation

Provide question stems; stretch: swap roles and repeat on a new idea.

ID: A\_red\_blue\_team\_kind\_edition • Source: original

## **Difference Detective**

Awareness (A) • Time: 15 mins • Suggested band: All • Materials: Case vignette + fact/guess/stereotype sheet

## Why this

Build perspective-taking by turning assumptions into curious questions.

## **Steps**

- 1 Individually list assumptions about a short case.
- 2 Label each as fact, guess, or stereotype.
- 3 Rewrite two guesses/stereotypes as curious questions to ask.

#### Teacher notes

Choose inclusive, realistic vignettes.

#### **Evidence**

Before/after sheet (assumptions  $\rightarrow$  questions).

#### Differentiation

Provide model questions; stretch: add a respectful challenge phrase.

ID: A\_difference\_detective • Source: original

# **Team Reliability Pact + Check-In**

Awareness (A) • Time: 10 mins • Suggested band: Average/High • Materials: Mini-contract card

#### Why this

Strengthen trust by agreeing deliverables, 'done' definitions, and a check-in point.

## Steps

- 1 Team sets one shared deliverable and one personal deliverable with clear 'done' criteria.
- 2 Schedule a mid-point check-in.
- 3 On due date, report 'met/missed + reason + next step'.

#### Teacher notes

Keep scope small and visible.

#### **Evidence**

Signed pact + check-in notes.

### **Differentiation**

Provide exemplars of 'done'; stretch: rotate a student project manager.

ID: A\_team\_reliability\_pact\_check\_in • Source: original

# Compliment-Challenge-Coach

Awareness (A) • Time: 15 mins • Suggested band: All • Materials: Trios; feedback slips

## Why this

Structure feedback so it stays warm and useful: specific praise, a kind challenge, and a coaching suggestion.

## Steps

- 1 In trios, Student A presents work (90s).
- 2 B gives a specific compliment (what/why).
- 3 C offers a kind challenge (one upgrade) and a coaching suggestion (how to try it).
- 4 Rotate roles.

#### Teacher notes

Ban vague praise; insist on behaviour-linked specifics.

#### **Evidence**

Next-step note recorded by presenter.

#### Differentiation

Provide stem banks; stretch: presenter accepts one challenge for next lesson.

ID: A\_compliment\_challenge\_coach • Source: original

# Name-Noticing

Awareness (A) • Time: 10 mins • Suggested band: Low/Average • Materials: Class list; small cards

### Why this

Build inclusion by learning names and noticing strengths.

## Steps

- 1 Write three peers' names you don't often speak to.
- 2 Notice one academic or character strength for each during the week.
- 3 Share one positive observation with each person.

#### Teacher notes

Coach sincerity and specificity.

#### **Evidence**

Three noted strengths + brief share.

#### Differentiation

Provide example phrases; stretch: write a short positive email/note.

ID: A\_name\_noticing • Source: original

## **Roles Roulette**

Awareness (A) • Time: 12 mins • Suggested band: All • Materials: Role cards (leader, scribe, skeptic, summariser)

## Why this

Rotate roles so everyone practises different teamwork skills and perspectives.

## **Steps**

- 1 Assign roles randomly in groups of 4.
- 2 Run a 10-minute task; each role must perform its function.
- 3 Swap roles and repeat with a new mini-task.

#### Teacher notes

Explain each role's behaviours before starting.

#### **Evidence**

Role completion checklist.

#### Differentiation

Offer scaffolded prompts per role; stretch: add timekeeper/data-checker.

ID: A\_roles\_roulette • Source: original

## **Empathy Walk (Texts & Contexts)**

Awareness (A) • Time: 18 mins • Suggested band: Average/High • Materials: Short text/photo set from diverse contexts

## Why this

Practice perspective-taking through short, diverse narratives; connect to classroom dialogue.

### **Steps**

- 1 Students choose one text/photo and write 'What might this person be thinking/feeling/needing?'
- 2 Share in pairs; underline differences and overlap.
- 3 Whole-class: extract two norms for respectful discussion based on insights.

#### Teacher notes

Select age-appropriate, varied sources; avoid triggering content.

#### **Evidence**

Pair notes + class norms list.

#### Differentiation

Provide sentence starters; stretch: link one insight to a current group project.

ID: A\_empathy\_walk\_texts\_contexts • Source: original

# **Stuck Protocol Card (S-P-A-R-K)**

Resilience (R) • Time: 12 mins • Suggested band: All • Materials: Pocket card

#### Why this

A repeatable method for productive struggle at the edge of knowledge.

## Steps

- 1 Teach S-P-A-R-K: Scan notes  $\rightarrow$  Pin the gap  $\rightarrow$  Attempt a step  $\rightarrow$  Reach out  $\rightarrow$  Keep a log.
- 2 Students personalise two 'Reach out' options (peer/teacher/resource).
- 3 Use the card in next practice and tick which steps used.

#### Teacher notes

Model one live 'stuck' moment and walk the protocol.

#### **Evidence**

Ticked protocol card.

#### Differentiation

Help craft help-seeking scripts; stretch: a short teach-back after filling the gap.

ID: R\_stuck\_protocol\_card\_s\_p\_a\_r\_k • Source: original

## **Deadline Back-Plan + Buffer**

Resilience (R) • Time: 18 mins • Suggested band: Low/Average • Materials: Back-plan strip

## Why this

Backwards plan from due date with milestone and buffer time to improve on-time completion.

## Steps

- 1 Mark the due date.
- 2 Create three milestones and a 20% buffer before due.
- 3 Write the latest safe start date and book a 30-minute first session.

#### Teacher notes

Check that milestones are observable actions.

#### Evidence

Back-plan strip taped into planner.

#### **Differentiation**

Provide milestone examples; stretch: add a peer accountability check.

ID: R\_deadline\_back\_plan\_buffer • Source: original

# **Recovery Reframes**

Resilience (R) • Time: 15 mins • Suggested band: Average/High • Materials: Reframe sheet

### Why this

Bounce back faster after a miss by replacing first thoughts with balanced reframes and a 24-hour action.

## **Steps**

- 1 Pick a recent wobble (missed deadline/low mark).
- 2 Write the first thought; then craft a balanced reframe.
- 3 Set a 24-hour next action and a tiny reward.

#### Teacher notes

Normalise setbacks as data.

#### **Evidence**

Completed reframe + proof of next action.

#### **Differentiation**

Provide reframe examples; stretch: write a personal reframe mantra.

ID: R\_recovery\_reframes • Source: original

## **Pomodoro Ladder**

Resilience (R) • Time: 20 mins • Suggested band: All • Materials: Timer; ladder sheet

### Why this

Increase stamina gradually using 25-5 minute cycles and a simple progress ladder.

## Steps

- 1 Do one 25-5 cycle and mark rung 1.
- 2 Add one more cycle another day this week (rung 2).
- 3 Reflect: what helped focus? plan a third cycle next week.

### Teacher notes

Encourage short movement in the 5-minute break.

#### **Evidence**

Ladder with dates and rungs ticked.

#### Differentiation

Offer shorter 15–3 cycles for beginners; stretch: stack three in one session.

ID: R\_pomodoro\_ladder • Source: original

# **Milestone Receipts**

Resilience (R) • Time: 10 mins • Suggested band: Average/High • Materials: Small 'receipt' slips

### Why this

Issue yourself a 'receipt' each time a milestone is completed to make progress visible and motivating.

## **Steps**

- 1 Define three milestones for a current task.
- 2 After completing each, fill a receipt: date, what done, next step.
- 3 Pin/photograph receipts to track momentum.

#### Teacher notes

Celebrate each receipt quickly.

#### **Evidence**

Three dated receipts per student.

### **Differentiation**

Provide a template; stretch: share one receipt with a parent/mentor.

ID: R\_milestone\_receipts • Source: original

# **Energy Audit**

Resilience (R) • Time: 15 mins • Suggested band: All • Materials: Audit sheet (sleep, breaks, movement, fuel)

## Why this

Optimise the basics that power resilience and focus.

## Steps

- 1 Rate last week (sleep, breaks, movement, fuel) on a 1–5 scale.
- 2 Choose one area to improve and define a 7-day experiment.
- 3 Schedule check-in to review the result.

#### Teacher notes

Keep experiments small and specific.

#### **Evidence**

Audit sheet + experiment note.

#### Differentiation

Provide example experiments; stretch: pair up as accountability buddies.

ID: R\_energy\_audit • Source: original

# Plan B Playbook

Resilience (R) • Time: 12 mins • Suggested band: Average/High • Materials: Playbook card

## Why this

Write if-then plans for common setbacks so momentum continues under pressure.

### Steps

- 1 List three likely setbacks (illness, tech fail, clash).
- 2 Write an IF-THEN for each (If X happens, then I will Y).
- 3 Place the card in your planner and review weekly.

## Teacher notes

Brainstorm realistic Y actions (short, controllable).

#### **Evidence**

Playbook card completed.

## **Differentiation**

Provide starter list; stretch: add a Plan C for the hardest setback.

ID: R\_plan\_b\_playbook • Source: original

# **Reliability Scorecard**

Resilience (R) • Time: 10 mins • Suggested band: All • Materials: Scorecard grid

### Why this

Track on-time deliveries weekly to build a reputation for reliability.

## **Steps**

- 1 List this week's deliverables with dates.
- 2 Record 'on time / early / late' and one cause if late.
- 3 Set one fix for next week (e.g., earlier start, buffer).

#### Teacher notes

Focus on patterns, not blame.

#### **Evidence**

Completed scorecard over two weeks.

#### **Differentiation**

Provide example causes/fixes; stretch: aim for a 3-week on-time streak.

ID: R\_reliability\_scorecard • Source: original

# **Curiosity Tickets**

Knowledge (K) • Time: 12 mins • Suggested band: Low/Average • Materials: Post-its or slips

#### Why this

Build student identity and independent inquiry with a quick 'fact + wonder' exit ticket.

## Steps

- 1 Write one fact learned and one 'I wonder...' question.
- 2 Teacher groups 3-4 best wonders on the board.
- 3 Choose one wonder to research for 10 minutes at home; share 60 seconds next lesson.

#### Teacher notes

Model what makes a good wonder (specific, researchable).

#### **Evidence**

Ticket collected + short share next lesson.

#### Differentiation

Provide prompt stems; stretch: require a source citation.

ID: K\_curiosity\_tickets • Source: original

# 3-2-1 Wonder Wall + Micro-Inquiry

Knowledge (K) • Time: 18 mins • Suggested band: Average • Materials: A3 wall or Padlet

## Why this

Turn curiosity into planned micro-inquiries that go beyond the syllabus.

## Steps

- 1 Write 3 things learned, 2 connections, 1 wonder.
- 2 In pairs, choose one shared wonder and plan a micro-inquiry (question → where to look → how to share).
- 3 Complete and present a 90-second share or one-pager.

#### Teacher notes

Curate wonders to keep them age-appropriate and feasible.

#### **Evidence**

One-pager/90-sec talk.

#### **Differentiation**

Provide vetted links; stretch: compare two sources.

ID: K\_3\_2\_1\_wonder\_wall\_micro\_inquiry • Source: original

# Feynman Flip (Teach It Simple)

Knowledge (K) • Time: 15 mins • Suggested band: High/Very High • Materials: A5 template

## Why this

Explain a tricky idea in plain words and a sketch to expose and fix gaps in understanding.

## Steps

- 1 Write a simple explanation as if to a younger student.
- 2 Add a quick diagram or analogy.
- 3 Swap and get one clarifying question; improve your explanation.

#### Teacher notes

Insist on simple language; ban jargon unless defined.

#### **Evidence**

Before/after drafts filed.

#### Differentiation

Provide sentence starters; stretch: record a 60-sec explainer.

ID: K\_feynman\_flip\_teach\_it\_simple • Source: original

# **Retrieval Scavenger Hunt**

Knowledge (K) • Time: 16 mins • Suggested band: All • Materials: Teacher-made prompt set

### Why this

Practise active recall and identify weak spots for follow-up practice.

## Steps

- 1 Individually retrieve answers from memory first (no notes).
- 2 Pair whisper-check and add only what you truly forgot.
- 3 Class reveal; set a 48-hour mini-practice target on two weak items.

### Teacher notes

Keep pace brisk; celebrate honest gaps.

#### **Evidence**

Retrieval sheet + 48-hour target.

#### Differentiation

Tier prompts by difficulty; stretch: students generate one new prompt.

ID: K\_retrieval\_scavenger\_hunt • Source: original

# **Source Swap Debate**

Knowledge (K) • Time: 20 mins • Suggested band: High/Very High • Materials: Devices or printed sources; credibility checklist

## Why this

Grow sceptical curiosity by debating with sources you didn't choose.

## **Steps**

- 1 Pairs pick a question; each finds one source.
- 2 Swap sources; rate credibility (author, date, evidence).
- 3 60-second mini-debate using the swapped source; agree a joint 'best answer so far'.

#### Teacher notes

Pre-teach credibility criteria.

#### **Evidence**

Checklist + joint answer note.

#### Differentiation

Provide reliable source list; stretch: include a counter-source.

ID: K\_source\_swap\_debate • Source: original

## **Notebook Architecture**

Knowledge (K) • Time: 14 mins • Suggested band: Low/Average • Materials: Exercise book; tabs or sections

#### Why this

Design a notebook layout that supports active learning and independent study.

## Steps

- 1 Create sections (notes, questions, retrieval, mistakes log).
- 2 Add a 'question margin' and a 'next step' footer.
- 3 Use the layout in the next lesson; complete one retrieval and one next step.

#### Teacher notes

Show exemplars of strong pages.

#### **Evidence**

Photo of first structured page.

#### Differentiation

Provide printed headers; stretch: add a personal index at the front.

ID: K\_notebook\_architecture • Source: original

## **Question Quiver**

Knowledge (K) • Time: 12 mins • Suggested band: Average/High • Materials: Question stems sheet; slips

### Why this

Build a reusable bank of question types to drive deeper learning.

## Steps

- 1 Write one question in each category: clarify, connect, challenge, apply.
- 2 Star one to ask in the next lesson.
- 3 After asking, write what answer changed for you.

#### Teacher notes

Encourage 'how/why' over yes/no.

#### **Evidence**

Four-category quiver card + one used question.

#### **Differentiation**

Provide stem banks; stretch: peer-review each other's questions.

ID: K\_question\_quiver • Source: original

## **Extension Quest**

Knowledge (K) • Time: 20 mins • Suggested band: All • Materials: Menu of enrichment tasks; reflection card

#### Why this

Choose an extension task that fits your curiosity and produce a concrete output.

## Steps

- 1 Pick one quest (reading, experiment, problem set, interview).
- 2 Define your output (brief, diagram, reflection).
- 3 Complete a first draft this week and note one next question it raises.

#### Teacher notes

Keep outputs short but real; value quality over length.

#### **Evidence**

Quest output + next question.

#### Differentiation

Provide quest menu; stretch: submit to a school blog or display.

ID: K\_extension\_quest • Source: original