

WEEK OF MAY 4

“No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit.”

–Helen Keller

Optimism / op-ti-mism / (n) a disposition or tendency to look on the more favorable side of events or conditions and to expect the most favorable outcome.

One committed optimist inspired generations. She was unable to hear, unable to see, and unable to speak. In the early 1880's, many believed that the future for Helen Keller, who had become blind and deaf when she was nineteen months old, was hopeless. Yet it was her optimism, as well as the optimism of her parents and teacher, which allowed her to conquer her physical handicaps.

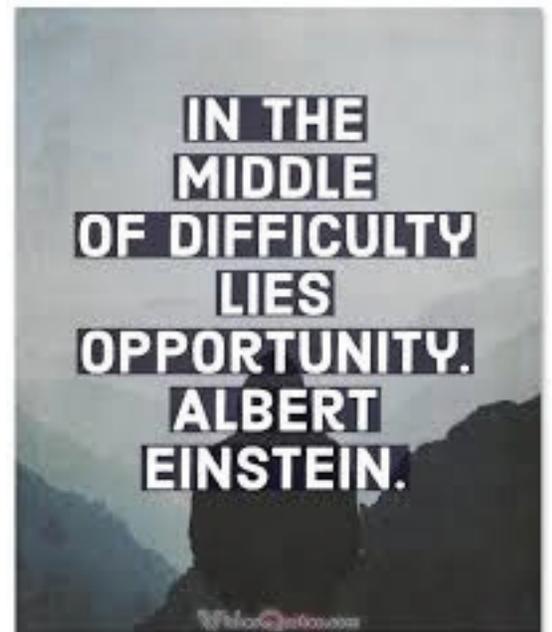
In Helen Keller's autobiography, *The Story of My Life*, she recalled that her teacher set her free by teaching her to speak, read and write. In 1904, she graduated from college becoming the first deaf-blind person to earn a bachelor degree. Her optimistic outlook allowed her to break from the confines of her physical limitations and reach out to the world around her.

An optimist has a sense of hope that, in the end, things will work out. The dream will be achieved, the goal will be accomplished, the task completed. With this outlook, an obstacle isn't considered insurmountable, but rather a bump in the road.

As we embark on another week of Stay Home / Stay Safe, choose to look on the more favorable side of things. Choose to press forward, even when all the odds seem stacked against you. Your choices will not only help you, but will allow you to inspire optimism in others.

[In this episode of "The Harbor"](#), youth mentor Brent Aragon reminds us that we are authentic, original and a walking miracle. Knowing that a pebble dropped in a pond creates ripples that go out, he suggests that our ability to change life for the better begins when we start focusing our life outward. Ask yourself, "What can I do for somebody else today?"

Each Episode of "The Harbor" also comes with a [critical thinking guide](#) to enhance the meaning behind this message.



**ADAPTABILITY IS
THE SIMPLE SECRET
OF SURVIVAL**

JESSICA HAGEDORN
PICTUREQUOTES.COM

GETTIN' UP

Probletnuity: an opportunity masquerading as, or disguised as, a problem. The opportunity may give rise to benefits that are unrelated to the problem being solved, including advancement or improvement of one's own situation.

DEFINING THE PROBLEM:

Defining a problem is a deceptively simple task - what at first seems to be the problem is often merely a symptom of a deeper problem. Defining the problem helps us to both open a problem up - presenting it in a way that can be examined from a number of angles - as well as to define the wider context and associated issues involved.

Individually work through the Problem Definition worksheet. Then connect with family or friends to reflect on a specific issue you have identified, exchanging thoughts while writing down your notes. The key to success is to capture, compare and discuss different viewpoints on the problem. You can then review the notes and discuss whether you are making the same assumptions, and whether you are framing things in the same way. This exercise may lead you to 'reframe' the problem you initially addressed. Reframing problems in such a way can offer clues to how the solution can take shape.

I want to clarify my priorities
by focusing on key critical issues

DIY 08

PROBLEM DEFINITION

<p>What is the key issue you are trying to address and why is it important?</p>	<p>Who is it a problem for?</p>	<p>What social or cultural factors shape this problem?</p>	<p>What evidence do you have that this is worth the investment?</p>	<p>Can you think of this problem in a different way? Can you reframe it?</p>
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GETTIN' UP

OPPORTUNITY COST

A fundamental principle of economics is that every choice has an opportunity cost. The idea behind opportunity cost is that the cost of one item is the lost opportunity to do or consume something else; in short, opportunity cost is the value of the next best alternative.



[Click here to watch](#)

The same principals can be applied to our perspectives over a given problem. Think about the description behind labeling a person as "half glass full" or "half glass empty". Those that always perceive circumstances in a pessimistic light are also creating a negative opportunity cost in their daily operations. By multiplying a negative interaction with a negative reaction, there is no feasible gain to one's opportunity output.

Research has found that seeing the glass half full not only contributes to happiness, it makes you healthier and wealthier. A study by Psychologist Susan Segerstrom found that ten years after graduation, law students who were optimistic earned an average of \$32,667 more than their glass-half-empty peers.

GETTIN' UP

7 STRATEGIES FOR INTROSPECTIVE WORK RELATED TO PROBLETTUNITIES

(Margie Warrell - Forbes)

1. SET YOUR INTENTION

Before you step out of bed (and if you forget, before you leave your home) take one minute to set your intention for the day by coming up with one word that resonates with you about the attitude or spirit you want to bring to the day. Being intentional acts like a compass and helps you better focus your time and energy. For instance, if you've been looking for work but have found yourself stuck in a rut and procrastinating, you might choose to be proactive and set yourself a goal of making at least 5 calls/emails today to follow up on job leads and opportunities. The intention you choose will vary according to the challenges you are facing.

2. DO SOMETHING OUTSIDE YOUR COMFORT ZONE

Often the very thing we need to improve our circumstances requires courage. That is, closing the gap between where you are now and where you would like to be in life will require stepping outside your comfort zone and doing something that scares you in some way. It could be picking up the phone to invite someone to dinner, attending an exercise class, or having a conversation with your boss about an issue that's been upsetting you. There is no better way to build self-confidence than by doing something that stretches you as it teaches you that you are capable of more than you thought you were.

3. REFRAME A PROBLEM INTO AN OPPORTUNITY

You can't solve your problems by complaining about them. But you can solve them (or at least learn to accept them) by reframing them so that you can approach them from a new angle. To quote Einstein: "Problems cannot be solved at the same level of thinking at which they were created."

Where pessimists see problems, optimists find opportunities. If you change the way you look at your problems, your problems change and transform into a rich array of opportunities to grow, learn and discover inner resources you never knew you had!

4. AVOID ENERGY DRAINERS

Optimism is contagious. So too is pessimism. If you are struggling to feel more positive, don't spend your time hanging out with "emotional vampires" – those people who suck the life out of you with their complaints and commentary about everything that is wrong with both the world and the people in it. Choose your company wisely and limit the time you spend with people who don't fill your cup of optimism and "can do" self-confidence.

GETTIN' UP

7 STRATEGIES FOR INTROSPECTIVE WORK RELATED TO PROBLETTUNITIES

(Margie Warrell - Forbes)

5. CARRY YOURSELF LIKE AN OPTIMIST

Scientists have already proven that how you present and carry yourself on the outside has a huge impact on how you feel on the inside. Harvard researcher Amy Cuddy has gone a step further, discovering that specific adjustments in your body language make you feel more powerful and confident – which in turn can positively affect the quality and outcome of your most important interactions.

If you change how you hold yourself physically, it will change how you feel emotionally. Slump your shoulders, pout your bottom lip and look down to the ground and optimism and opportunity will elude you. But stand tall, chin up, smile and engage with people as though you were the outgoing, confident, optimistic and successful person you aspire to be, and you will attract all sorts of positive people and opportunities into your life.

As people relate to you differently, you will gradually feel different - more positive - about yourself. Don't feel like it? Do it anyway! The old saying "Fake it 'til you make it" is literally true.

6. LIGHTEN UP

Why is it that comedians tend to live very long lives? It's because they have become so masterful at finding the humor in the most unfunny situations. While it's not always easy to see the lighter side of things, it's often helpful. Humor is a highly effective antidote to almost every ailment, anxiety or adversity. Watching a funny movie or spending time with a friend who really makes you laugh is literally medicinal.

A 2009 study by researchers at the University of Maryland has shown that laughter has more health benefits than we can imagine. Laughter can flush clots, cholesterol and inflammation from the body. It increases heart rate and blood flow, and has similar health benefits to exercise. Endorphins are released during laughter, which help to relieve pain, reduce cravings and stress, and slow the aging process. Laughter can also lower blood sugar levels, improve your immune system, and increase our disease fighting antibodies. If that's not enough, laughter is a natural sleep aid. So what are you waiting for? We all know it takes more muscles to frown than to smile – start laughing and increase your beauty sleep!

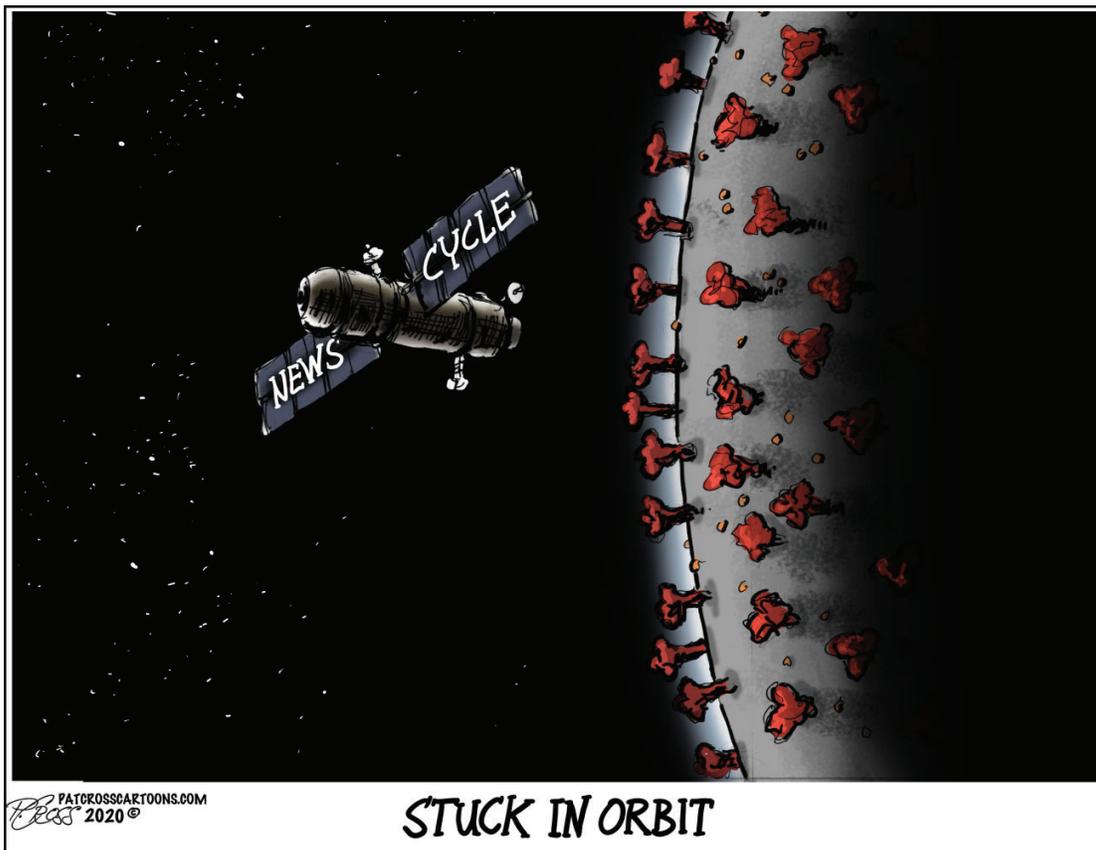
7. EXERCISE

If you are one of those people who never exercises, then I'm sorry, I know you hate to hear it again, but EXERCISE IS GOOD FOR YOU. Not only is it great for you physically, it's a very potent drug for making you feel better psychologically. As your heart starts pumping, your body releases endorphins into your system that not only burn off stress, but allow you to view your life and challenges through a more empowering and optimistic lens. Seriously, what's not to like about exercise? (Besides doing it?)

KEEPIN' UP

INDIVIDUAL OR FAMILY ENGAGEMENT WITH CURRENT NEWS AND EVENTS

- **Monday's News Article** contains comprehension and critical thinking questions, (including video clips, maps and links) covering current news and events.
 - [DHS scientist says studies show heat, humidity slow coronavirus](#)
- **Tuesday's World Events:** Events containing three news stories from around the world. Questions are found below the article. In addition, "Background" and "Resources" are provided below the questions
 - [China Arrests Hong Kong Pro-Democracy Activists](#)
- **Wednesday's Pro-Con:** Explore controversial issue using a structured pro-con methodology to improve academic performance, increase civic engagement, strengthen personal resiliency, bridge political divides, and stimulate critical thinking – the #1 skill sought by employers and educators.
 - [Can Alternative Energy Effectively Replace Fossil Fuels?](#)
- **Friday's Political Cartoons** are accompanied by a question requiring the student to demonstrate understanding of the cartoonist's intended meaning.
 - [Stuck In Orbit](#)



Check out this video to better understand how to Identify Fake News with the [Five C's of Critical Consuming](#) or [click here](#) to utilize a 5C's checking your sources document to assess sources you have found during research.

WEEKLY CHALLENGE

LET IT FLY!

Schedule another family friendly competition in this week's weekly challenge! Focusing on the concept of probability, this week's challenge allows students to take a hands-on, tactile approach to reworking a problem to gain better results.

This simple activity actually holds a ton of curricular standards and learning opportunities for students of all ages, such as:

Following the scientific process, understanding physics, aerodynamics, the Bernoulli principle, creating and facilitating test trials, measuring flight distance and time, graphing results, the analysis of experiments with each "model" using the results to understand what makes airplanes fly and what can be changed to influence the flying characteristics and performance of airplanes....

But all of that aside, it's also just plain fun (PLAIN FUN, GET IT?). And sometimes that's enough.

In case you are looking to expand on your knowledge behind the science of flight to gain that extra competitive edge, here is a quick list of what is happening as you let your champion soar:

AERODYNAMICS

What makes a paper airplane fly? Air — the stuff that's all around you. Hold your hand in front of your body with your palm facing sideways so that your thumb is on top and your pinkie is facing the floor. Swing your hand back and forth. Do you feel the air? Now turn your palm so it is parallel to the ground and swing it back and forth again, like you're slicing it through the air. You can still feel the air, but your hand is able to move through it more smoothly than when your hand was turned up at a right angle. How easily an airplane moves through the air, or its aerodynamics, is the first consideration in making an airplane fly for a long distance.

DRAG AND GRAVITY

Planes that push a lot of air, like your hand did when it was facing the side, are said to have a lot of "drag," or resistance, to moving through the air. If you want your plane to fly as far as possible, you want a plane with as little drag as possible. A second force that planes need to overcome is "gravity." You need to keep your plane's weight to a minimum to help fight against gravity's pull to the ground.

THE ultimate PAPER AIRPLANE COMPETITION 					
TEAM	THE 'OIM-FOR-THE-BULLSEYE-MOBEL' TARGET ROUND	THE 'WERE-GOIN-DOWN-FRED' HANG-TIME ROUND	THE 'KEEP-IT-ON-THE-ROAD-HONKY' ACCURACY ROUND	THE 'OIMME-OLL-VA-GOT-BERTON' DISTANCE ROUND	GRAND TOTAL
Purple People					
Tuskegee Pilots					
Blue Angels					
Sound Barrier					
High-Flyin'-Girls					
Godzillas					

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WEEKLY CHALLENGE

THRUST AND LIFT

"Thrust" and "lift" are two other forces that help your plane make a long flight. Thrust is the forward movement of the plane. The initial thrust comes from the muscles of the "pilot" as the paper airplane is launched. After this, paper airplanes are really gliders, converting altitude to forward motion. Lift comes when the air below the airplane wing is pushing up harder than the air above it is pushing down. It is this difference in pressure that enables the plane to fly. Pressure can be reduced on a wing's surface by making the air move over it more quickly. The wings of a plane are curved so that the air moves more quickly over the top of the wing, resulting in an upward push, or lift, on the wing.

THE FOUR FORCES IN BALANCE

A long flight occurs when these four forces — drag, gravity, thrust, and lift — are balanced. Some planes (like darts) are meant to be thrown with a lot of force. Because darts don't have a lot of drag and lift, they depend on extra thrust to overcome gravity. Long distance fliers are often built with this same design. Planes that are built to spend a long time in the air usually have a lot of lift but little thrust. These planes fly a slow and gentle flight.

COMPETITION MATERIALS:

- Plane Patterns (4 different designs)
- Plane Design Instructions
- Flight Distances Worksheet
- 1-2 sheets of 8.5 x 11" copy paper
- Scissors
- Tape measure and/or meter sticks, and/or use cones to mark every five feet
- Stopwatch, or a watch with a second hand
- Tape
- Glue
- Paperclips
- Completed examples of each of the 4 paper airplane designs
- Overhead projector to show the Plane Overhead Transparency and Distance/Time Table.
- Calculators(optional)

Side note: The Guinness World Record flight for "longest indoor distance flown by a paper airplane" is held by former college football quarterback Joe Ayoob who threw a paper airplane that soared almost the entire length of a hangar at McClellan Air Force Base near Sacramento, Calif. The folded piece of paper covered a distance of 226 feet, 10 inches, or three-fourths of the length of a football field.

[Watch the video here.](#)



WEEKLY “HOME CHAT” AND NATIONAL DAY

Weekly “Home Chat”: Each week we feature a “Home Chat” developed by Tim Elmore from Growing Leaders. Home Chat’s allow students and their parents/caregivers to engage in meaningful ways. These one-page conversation guides enable students and their parents/caregivers to explore and strengthen relevant leadership and life skills.

This weeks home chat is “*Opportunity Statue*”

In ancient Greece, there was a statue called “Opportunity.” The statue had long flowing hair in the front and a bald head in back. Although it was a little strange, it was meant to teach a lesson: opportunity is something you can grab while it’s coming at you, but you can’t catch hold of it after it’s passed. This is why leaders manage opportunities. Everyone has 86,400 seconds each day to use or abuse. If you don’t use your time wisely you can’t get it back once it’s gone.



Click on the button below to download or print the full Home Chat discussion guide including a family lesson, meaningful discussion questions, and more.

[Download Discussion Sheet](#)

National Day

Use this website to provide kids a focus for the day and help to promote quality family time together. These mini celebrations might turn into a literacy activity, cooking lesson, crafting exercise, history and geography lesson, and a lot of laughter. We don’t have to wait for traditional holidays to create memories with our family. Using National Days to springboard ideas is an easy way to inspire your own creativity and create some quality moments at home.

Here are national days for the coming week: **May 4**

- [National Star Wars Day](#)
- [Cinco de Mayo](#)
- [National Silence the Shame Day](#)
- [National Teacher Appreciation Day](#)
- [National Nurses Day](#)
- [National Barrier Awareness Day](#)

[View entire week calendar here](#)