Wellness 11-12 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Assignment**: In groups of 2-3, you are responsible for choosing key concepts, people, or strategies we have studied. You will use comic life to summarize what you learned and have an image to portray the concept/understanding.

**LIST OF KEY TERMS THAT WE HAVE STUDIED**

Brene Brown Vulnerability Paul Mend RAS Unconscious Mind Conscious Mind Walter Mischel Laurie Santos Shawn Achor

Tetris Effect Ethan Kross Positive Self-Talk Amygdala EMDR

Mr. Wingham Affective Forecasting Hedonic Adaptation

Negative Visualization Gratitude Journals Marshmallow Test

Zorro Circle (Locus of Control) Celine - Dietician Kevin Lefebvre

We are born without Fear Box Breathing Combat Breathing

20 Second Rule Social Connection Gratitude Chris Hemsworth Exposure Therapy

Sympathetic Nervous System Parasympathetic Nervous System Hot-Cold Empathy Gap

Ironic Process Theory PTSD ACE Test Self Compassion Mind Wandering

Rumination Worry Distanced Self-Talk CBT “Share it don’t wear it”

\*Any PsychproTips

Add any terms that you think are missing.

Take 10 of these terms/concepts/people and use Comic Life to summarize your key learnings. Quotes, details, specifics and examples add power to your demonstration of learning.

Review the notes we have been taking in class on items that interested you and use those as the foundation of showing your learning.

 Your group is responsible for “story boarding” and directing the terms you choose. The comic should include narrative and word/thought balloons and a title.

Groups Members:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Steps For Comic

1. Re-read your notes and think about information that was profound or important to you.

2. Highlight the terms you plan to use from the list above. Add any that are missing.

3. Write down 5-10 key ideas/details, Use them as the narrative at the bottom of each panel, or as a list of what you need to cover in your comic. Use the template provided, or draw your own strip panels (there are several templates available in comic life. Use a minimum of 5 panels).

4. Draw stick figure pictures that reflect the narrative in each panel. Include word/thought bubbles to help you explain the action. These will plan out how you will get your actors to lay/stand/act when you take the pictures. You must also plan where your pictures will be taken and what will be in the background.

5. Create a list of props you will need and how you plan to get them. I have some props, but you will need to make/draw/bring from home others. Use enough props to make it clear who is who. You can draw on the board if you need to and you can use students (other than the characters you need) as “extras” in your scene. You may also want to consider using Photoshop or the LCD projector to create backgrounds for your scene.

6. Create a list of characters or concepts you will need and the actors or images to portray them.

7. Show me your plans and get your camera ready, take your pictures in order so you know what order they go in.

8. Email your photos or send them to your computer somehow so that you can import them into comic life.

9. Upload pictures into Comic life (click and drag into panel), create word bubbles and a title (the title of the myth you are doing. Make sure your names are on there as well.

10. Print when done. Also submit to the drive under student data that Mr. Fitton will show you.

Ten Key Details / ideas / people and what you’ve learned from each:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Examples to back it up:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Props I will need and how I will get them:

Actors who will need to be in my scene (include character name and student playing that character)

Where each of my pictures will be taken and what the backgrounds will be