

# 8<sup>th</sup> Grade N.E.S.T. Plans

## Egg Drop Fun

### Two weeks in N.E.S.T.:

On Mondays of each week, students will continue to check in and share out.

On Tuesday- Thursday of the next two weeks, students will participate in a fun group building activity to minimize stressors they feel during the holidays.

From **Tuesday, December 7<sup>nd</sup> - Tuesday December 14<sup>th</sup>** groups will create a design that will keep an egg safe from a 20 ft drop. Advisors are to take the objective of creating the best device and support their NEST group in the design and material gathering- feel free to reach out to me with requests/support.

**On Wednesday December 15<sup>th</sup> and Thursday, December 16<sup>th</sup>** each N.E.S.T. will come together in the front of the building at Segue to compete against each other- testing their design to see whose egg survives and whose egg falls to their tragic end.

### Routine Reminder

Students should walk into the meeting area and answer the DAILY NEWS on the board(s), get into their CIRCLE, and listen to the morning announcements. After morning announcements, students GREET each other and then begin to check-in. Mondays are all about the CHECK-IN. It is important to really scaffold students to get them sharing as much as possible. Once each student has had the opportunity to check-in the group may begin the ACTIVITY. 5 minutes before transition, the group may REVIEW the answers on the daily news board and/or REFLECT on the activity.

### Mondays- December 6<sup>th</sup> and December 13<sup>th</sup>

Objective: Student will check in and share out.

**Materials Needed:** none

**1. December 6<sup>th</sup> -Daily News:** What is one tradition you have during the holidays? (5 minutes)  
**December 13<sup>th</sup> - Daily News:** What would life be like without gravity?

**2. Greeting:** Everyone Greets and is greeted (students sit in a circle)

**3. Formal Sharing/ Check-in: (10 minutes)**

- Today we will not only check in 1-5 but we will also share whatever we want with our group. We can share by answering these three questions:
  - What are you looking forward to doing during the holiday break?
  - Who took a test (Davies/Catholic School Test) this past Saturday, can those who took the test provide insight to students who will take the test on Jan. 8<sup>th</sup>?
  - What class are you looking forward to today?
  - What is one thing you learned in school last week?

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### 5. Review Daily News and Discuss: (5 minutes)

Ask the following questions to guide students in reflection:

- What does your family do every holiday?
- Do you eat specific food?
- Do you play specific games?
- Do you listen to specific music?

## Tuesday, December 7th- Tuesday, December 14th

**OBJECTIVE:** Students will take materials and design/build a structure that will protect a raw egg from a 20 ft. drop. The eggs that survive a 20+ foot drop successfully completes the challenge.

**Materials Needed:** 1 Raw egg per day, cardboard, duck tape, several thin straws (50), paper towels for cleanup, a way to enable a high drop. I am also providing a bunch of documents I found online for these challenges. As a team decide what you would like to do for the challenge.

**Tuesday Daily News:** Have you ever created something out of household items? If so, what?

**Wednesday Daily News:** What skills do you use when you work as a group/team in a competition?

**\*\*\* Advisors are to create Daily News for the other 3 days \*\*\***

**2. Greeting:** Everyone Greets and is greeted (students sit in a circle)

**3. Check-in: (5 minutes)**

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**4. Activity:** Creating a “Save the Egg” Structure Design

**Procedure:**

- Review Daily News. Allow time for students to share their creations.
- Share with students that they will be participating in an N.E.S.T. challenge where they will be creating a design that saves an egg from a 20ft. drop.
- Each N.E.S.T. will create a design.
- Explain the rules of the teambuilding activity.
  - Tell them that the goal is to design and build a structure that will prevent their raw egg from breaking from a high drop.
  - Teams will be given 6 days to make/test the structure.
  - **Teams can only use the materials given to them.**
  - All 8<sup>th</sup> grade NEST groups will be joining in the front of the school on Wednesday and Thursday (**On December 15th and December 16<sup>th</sup>**) to showcase their design- that is where the competition

will take place. Each N.E.S.T. will demonstrate a 20 ft fall using their design. Advisories with eggs that do not crack/break will win.

- \*\*\*The team that uses the least amount of straws will be the Ultimate Winner. \*\*\*

#### **5. Review Daily News and Discuss: (5 minutes)**

Ask the following questions to guide students in reflection:

Wednesday: Skills that people use when working as a team are: communication skills, participation skills, brainstorming skills, listening skills, turn-taking skills- these are all important skills to develop.

### **On December 15<sup>th</sup> and December 16<sup>th</sup>**

**OBJECTIVE:** Students will compete in the “Save an Egg” competition using the structure they designed and built during advisory.

**Materials Needed:** “Save an Egg” structure

**1. Daily News:** GO TEAM!!! (Write words of encouragement for today’s race.)

**2. Greeting:** Everyone Greets and is greeted (students sit in a circle)

**3. Check-in: (5 minutes)**

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**4. Activity:** “Save an Egg” Competition

#### **Procedure:**

- After attendance, 8<sup>th</sup> grade advisories should go to the front of the school where competitions will be held.

#### **Winning the Game**

Each N.E.S.T. will drop each structure in a consistent way. After dropping all structures, I will open them up and figure out which eggs have remained intact. The winning team is the one with the least number of straws used.

#### **Debrief and Reflection (If time we will debrief after the competition- if not, please debrief on Monday)**

The goal of this teambuilding activity is to build chemistry, teamwork, and creative thinking. It is useful to ask debrief/reflection questions afterwards.

- Ask the teams about their experiences; what went well and what was effective in terms of teamwork.
- Ask whether their designs changed or evolved over time.
- Ask about traits or characteristics of good leadership or teamwork, or meaningful contributions during gameplay.
- Ask if teams would do anything differently next time.

## Friday, December 17th

**OBJECTIVE:** Students will reflect on Egg Drop Challenge. Students will celebrate successes from December 2021 with their Monthly NEST day!

**Materials Needed:** Up to Advisor

1. **Daily News:** Happy to Celebrate December's NEST Choice Day with you!

2. **Greeting:** Everyone Greets and is greeted (students sit in a circle)

3. **Check-in:** (5 minutes)

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4. **Activity:**

- Reflect on the Egg Drop Challenge:
  1. What did we do well as a NEST group?
  2. What could we have done better?
  3. If we could adjust our EGG drop device, what would we do differently?

## NEST CHOICE DAY!