



Inquiry Adventure: December 2019

Inquiry is the basis for everything that students do in an International Baccalaureate School. In the Primary Years Programme (PYP)*, inquiry is structured, purposeful, and engages students actively in their own learning.

The Learner Profile, **BALANCED**, states: We understand the importance of balancing different aspects of our lives- intellectual, physical, and emotional- to achieve well-being for ourselves and others. We recognize our interdependence with other people and with the world in which we live.

Parents can support their child's understanding of this attribute by taking an Inquiry Adventure with their child.

Step

1: Take an Inquiry Adventure with your child this month!

Visit: Go to the grocery store, then shop for new foods to taste. Write about how trying new foods might help you become more balanced.

Reflect: Write down all the activities you do in a day, then ask yourself: Do I mostly work or play? What can I do to be more balanced? You can do this on your own or as a family.

Read and discuss: A Fine, Fine School by Sharon Creech, Ish by Peter Reynolds, The Greedy Triangle by Marilyn Burns, or Little Pea by Amy Krouse Rosenthal (available to read on SOAR-<https://library.cps.edu>)

Try: Cosmic Kids Yoga at www.cosmickids.com, meditation using the Headspace App, or learn about mindfulness at <https://kidshealth.org/en/kids/mindfulness.html>. Try these at home!

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Step 2: Write about your Inquiry Adventure and return this form to Ms. Pirillis by Monday, January 6, 2020.

OUR DECEMBER INQUIRY ADVENTURE

Name _____ Room # _____ Grade: _____

What adventure did you take?

What did you learn?

(Optional) Include a photograph or drawing of your adventure!

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