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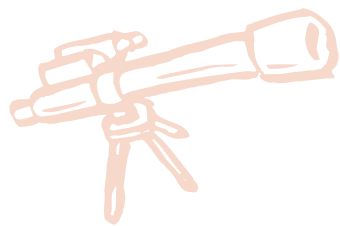
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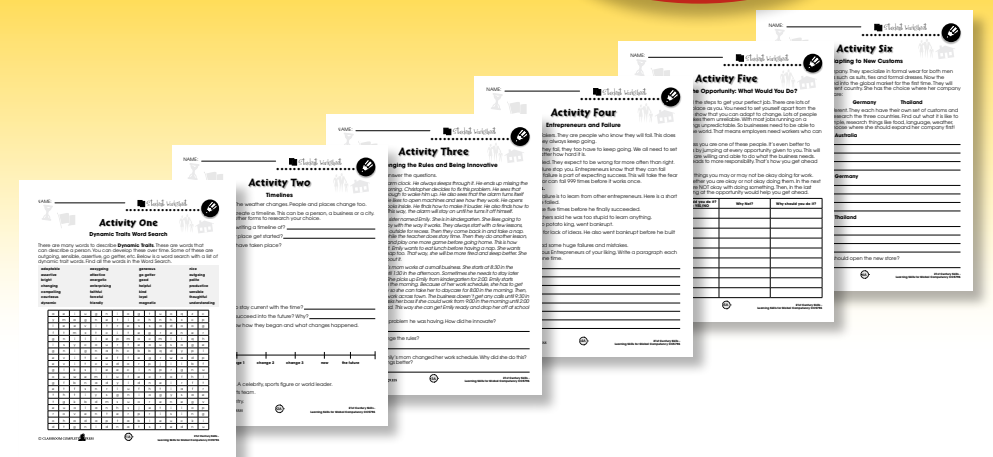
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## Learning Dynamic Traits

### Arm-Folding Game

How do you feel about change? Do you resist? Is it something you look forward to? Does it scare you?

All of us have to deal with it. Even if it is not asked. Being able to change yourself may be one of the most important traits to have.

As a class, ask everyone to fold or cross their arms. As if they are waiting or bored with something. After everyone has done this, ask them to cross their arms the other way. Reverse of what they just did. Many will have a hard time with this. (You could do this a few times.)



Talk about what just took place.

- How did it feel to change arm positions? \_\_\_\_\_
- Did you have to stop and think about it? \_\_\_\_\_
- Was it easy doing this, or did you find it hard? \_\_\_\_\_
- Why do some people resist change? \_\_\_\_\_
- What could be done to make change easy? \_\_\_\_\_

When people cross their arms, they do it without thinking. When they're asked to do it in reverse, most people have to stop, refold their arms, and think about which arm moved first, or which was on top.

*"It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change."* - Charles Darwin

## Learning Dynamic Traits

### How to Become a Better You

You have a personality. Everyone you know has a personality. But is it good or bad? Do you ever think about it? Here are some tips to become a better you.

#### - Knowing you

*"Knowing yourself is the beginning of all wisdom."* - Aristotle  
Start by making a list of all your traits. Both good and bad. Circle the ones you want to keep. Put a star next to the ones you wish to change. Don't shy away from your flaws, we all have some.

#### - Focus on the positive

When you think positive, the actions you take will be too. This can help build confidence.

#### - Your opinion counts

Everyone has opinions. Sharing your own thoughts might help solve a problem. Or answer someone's question.

#### - Meet new people

You can find friends nearly anywhere. The world is highly connected and people come from all around it. Learning about other places or cultures can have a positive effect on you.

#### - Read often

This can come in any form. From the news, to technical books, to stories.

#### - Be a good listener

Seems easy enough. But do you really listen to understand? Or do you listen to voice your reply?

#### - Be a little fun and silly

Humor is a good thing. Be fun. After all, laughter is the best medicine.

#### - Be polite

Greet others with a smile. Help where you can.

#### - Check your Body Language

Stand-up straight. Don't drop your shoulders. Make eye contact while speaking.

#### - Be true to you

Stay true to yourself and don't try to copy others.

#### - Be confident

Be sure of yourself, ignore the doubt. Stay positive. Even if you turn out to be wrong. It's all a learning experience.

## Learning Dynamic Traits

### Dynamic Traits for the Globally Competent Person

**Global Competency** is having the skills and mindset to find your way through this world. The 21st century has broken down the walls that separate countries. So the 21st century person needs to break down those walls as well. That means you need the traits of a dynamic person. This person can survive the 21st century world, and thrive in it.

**Part A:** Here is a list of some dynamic traits. These are traits that a globally competent person will have. Match each trait to its description.

- |   |               |                                 |   |
|---|---------------|---------------------------------|---|
| 1 | Adapt         | Happy and nice to others.       | A |
| 2 | Problem Solve | Having respect for others.      | B |
| 3 | Outgoing      | Able to find fixes to things.   | C |
| 4 | Friendly      | Knowing about what's happening. | D |
| 5 | Confident     | Being sure of yourself.         | E |
| 6 | Appreciate    | Able and willing to change.     | F |
| 7 | Consider      | Thinking of others.             | G |
| 8 | Understand    | Likes to meet with new people.  | H |

**Part B:** Dynamic traits are what sets you apart from everyone else. The list above gives you an example of some of them. There are many other traits that make you a dynamic person. Pick 5 traits that you think you have. This can be from the list above or any others. Explain what makes these traits dynamic. Give an example of how you have that trait.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Learning Dynamic Traits

Read questions 1-10. Circle **TRUE** or **FALSE** as it applies to you.

- |                     |  |
|---------------------|--|
| <b>TRUE / FALSE</b> | 1. When you meet a new person, you can connect with them easily. |
| <b>TRUE / FALSE</b> | 2. You are good at talking with others.                          |
| <b>TRUE / FALSE</b> | 3. You are not afraid of being rejected.                         |
| <b>TRUE / FALSE</b> | 4. People want to relate and listen to you.                      |
| <b>TRUE / FALSE</b> | 5. You have energy and enthusiasm.                               |
| <b>TRUE / FALSE</b> | 6. People can always approach you.                               |
| <b>TRUE / FALSE</b> | 7. You are confident and independent.                            |
| <b>TRUE / FALSE</b> | 8. You love a new challenge.                                     |
| <b>TRUE / FALSE</b> | 9. You are a natural leader.                                     |
| <b>TRUE / FALSE</b> | 10. You are social and like to be around people.                 |

Count how many times you circled **TRUE**. Count how many times you circled **FALSE**. Record your numbers in the space below.

TRUE \_\_\_\_\_ FALSE \_\_\_\_\_

If you circled mostly **TRUE**, you are more of a dynamic person. If you circled mostly **FALSE**, then you have a more static personality.

Do you have a dynamic or static personality? Explain.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Learning Dynamic Traits

## Adaptability and Flexibility

The world is always changing, especially on the job. Things such as technology change very fast. A boss wants to hire people who can adapt to change and accept new ideas. You can tell a boss that you are adaptable, but how do you show it?

Here are some tips to show your boss that you are flexible.

- Look for new ways to do things.
- Have a positive "I can do it" attitude.
- Get better at doing multiple jobs at one time.
- Always find ways to make a new change work for you.
- Always fit your methods to a new change.
- Don't stress out when things don't go as planned.

1. In the space below, write down some other ways you can show a boss that you are flexible.

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2. Role-playing: You have planned a birthday party for your little cousin. It is an outdoor party with lots of activities and fun in the sun. All week the weather has called for clear sunny skies. It is now the day before the party. It is calling for storms all day. You can't cancel the party. How would you deal with this? What would you do to prepare for the change?

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3. Is there a time where you showed flexibility at work, school or at home? Explain.

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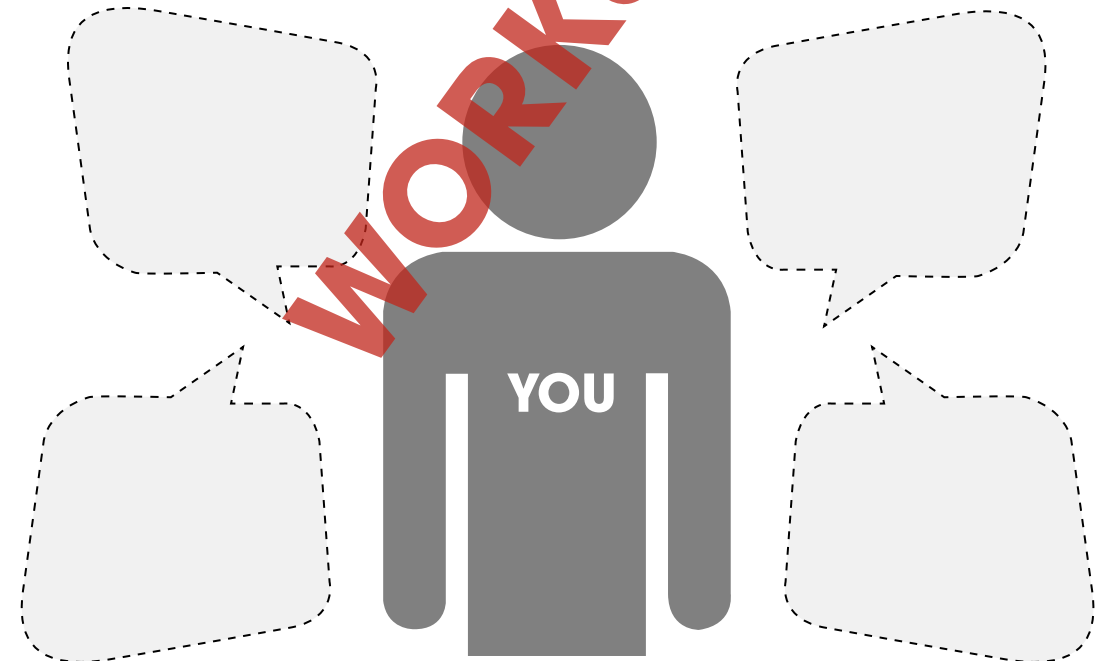
# Learning Dynamic Traits

## Pick a Personal Trait

Trait	Description
Openness	Curious, original, smart, creative, open to new ideas.
Conscientiousness	Organized, on time, looking to do well, trustworthy.
Extraversion	Outgoing, likes to talk, likes to be around others.
Agreeableness	Friendly, open-minded, sensitive, trusting, nice.
Natural Reaction	Nervous, easily mad, worried, moody.

1. Which one of these traits best describes you? \_\_\_\_\_
2. Which one of these traits least describes you? \_\_\_\_\_
3. Which one of these traits would you like to have more of, if any? \_\_\_\_\_

In each speech bubble, give a real-life example that describes your best trait.



# Bloom's Taxonomy

## Bloom's Taxonomy for Reading Comprehension

The activities in this resource engage and build the full range of thinking skills that are essential for students comprehension. Based on the six levels of thinking in Bloom's Taxonomy, assignments are given that challenge students to move beyond the worksheet to understand the information through higher-order thinking. By using higher-order skills of remembering, understanding, applying, analysing, evaluating, and creating, students become active learners, drawing more meaning from the information, and applying and extending their learning in more sophisticated ways.

Our resource, therefore, is an effective tool for any Social Studies program. Whether it is used in whole or in part, or adapted to meet individual student needs, this resource provides teachers with the important questions to ask and interesting content, which promote creative and meaningful learning.

## Vocabulary

- Adaptability:** able to change yourself to different conditions.
- Change:** exchange for something else.
- Creativity:** to make meaningful new ideas, methods or ways.
- Dynamic traits:** what sets you apart from everyone else.
- Failure:** lack of success.
- Flexibility:** willingness to change or adapt your ideas.
- Global Competency:** having the skills and mindset to find your way through this world.
- Innovation:** something new or different introduced.
- Invent:** to create your own product.
- Iteration:** a different version of something that already exists.
- Mindset:** an attitude or mood.
- Opportunity:** a chance to move forward or succeed.
- Risk:** putting yourself in a position where there's a chance of loss.
- Status Quo:** the way things are or have always been.
- Technology:** deals with the creation and use of technical means.
- Versatility:** your ability to adapt.
- Zero-Based Thinking (ZBT):** a way of thinking about things.

# Dynamic Traits: The Confident Person

Confidence is a dynamic trait. Being **confident** means being sure of yourself. It means feeling good about yourself. Having confidence gives you a positive attitude. It also gives you the drive to do something. But how do you become confident?

- It's all in the look.** Start with the outside. Looking confident is the first step. If you look confident, then you'll start to feel it. Look your best. That means dressing nice, brushing your teeth and combing your hair.
- It's all in the walk.** How you walk, stand and sit says a lot about you. Walk tall and with purpose. Stand with your spine straight, shoulders back and chin up. Sit up straight and have a smile on your face.
- It's all in the eyes.** Your eyes are powerful. Use them! Look at people in their eyes when you're talking to them. Don't turn away when your eyes meet with others. Give a gentle smile and start a conversation.
- It's all in the approach.** Make yourself look welcoming. Don't hide behind your cell phone. Instead, leave yourself open and people will come to you.
- It's all in the mind.** Thinking confident is the next step. What are things that you're good at? What do you like about yourself? What do others like about you and what you can do? Think of these positive things always. Don't worry about what others will think of you.
- It's all in the process.** Remember, being confident is a process. It's something you work at every day. Once you have it, you need to keep it. Staying positive and putting effort into everything you do will help.
- It's all in the practice.** Practice makes perfect. Put yourself into situations that will boost your confidence. Is there something that you're good at? A sport, drawing, writing? If so, work on it. Join a team, an art class or a writing group. The better you get, the more your confidence will build.

Try it out. Get into pairs or small groups. Talk with each other while showing confidence. Do you feel yourself changing?



# Learning Dynamic Traits

## Dynamic Traits for the Globally Competent Person

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7	Consider	Thinking of others.	G
8	Understand	Likes to meet with new people.	H

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



### Part A

- 1 F
- 2 C
- 3 H
- 4 A
- 5 E
- 6 B
- 7 G
- 8 D

### Part B

Answers will vary.



Answers will vary.

Answers will vary.

1. Answers will vary.

2. Answers will vary, but may include: Move the party indoors and decorate it to look like the outside.

3. Answers will vary.

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10

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# EASY MARKING ANSWER KEY