

**SAMPLE ADAPTATION #1****Standard:** 2.1-10**Page Number:** 129**Grade Level:** 7- 8**Activity Title:** Bounce Back From Depression

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**INSTRUCTIONAL PRESENTATION**

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**Instructional Prompt:** *Information Organizer—Data Collection Sheet*  
*Concept Activity—Picture*

**An Information Organizer** provides a format for presenting information that helps students draw conclusions, identify cause and effect relationships, categorize ideas, sequence events, show relationships, and organize thoughts.

**A Concept Activity** is a concrete presentation of abstract concepts. Using visual aids such as pictures or concrete materials, a concept activity helps to build connections and associations between new ideas and everyday experiences.

- Pre-teach a definition of **depression** then have the class brainstorm common words or phrases associated with depression (e.g., down in the dumps, blue, gloomy, sad, bummed out).
- Arrange desks in a semi-circle so all students can see the bouncing raisins demonstration.
- While observing the demonstration, students complete items 1-4 on the data collection sheet (sample follows).
- As volunteers share responses, the teacher records them using an overhead projector.
- Show a transparency of flowers bouncing back (sample follows) to reinforce the concept.
- Divide the class into small groups to review case studies and suggest strategies and resources to help with the problem. Refer students to item #4 on the data collection sheet.
- Reconvene to share case study responses.

## Bounce Back From Depression

<b>INSTRUCTIONAL GROUPS</b>	<b>INSTRUCTIONAL MATERIALS/EQUIPMENT</b>
<ul style="list-style-type: none"> <li>■ Whole class for demonstration</li> <li>■ Small groups (with teacher-assigned roles) for case study analysis</li> </ul>	<ul style="list-style-type: none"> <li>■ Overhead projector</li> <li>■ Teacher-prepared transparency, data collection sheet, and case studies</li> <li>■ Large glass, raisins, seltzer</li> </ul>
<b>STUDENT RESPONSE</b>	<b>ENVIRONMENTAL CONDITIONS</b>
<ul style="list-style-type: none"> <li>■ Complete data collection sheet</li> <li>■ Shared responses from data collection and case studies</li> </ul>	<ul style="list-style-type: none"> <li>■ Semi-circle arrangement for demonstration</li> <li>■ Small group workspace</li> </ul>
<b>STUDENT MANAGEMENT</b>	<b>MOTIVATION</b>
<ul style="list-style-type: none"> <li>■ Use of overhead projector</li> <li>■ Use of data collection sheet to focus and maintain attention during demonstration</li> <li>■ Teacher-assigned group roles to maximize each child's success</li> </ul>	<ul style="list-style-type: none"> <li>■ Observation of demonstration</li> <li>■ Talking and working with others in cooperative groups</li> </ul>

**SAMPLE DATA COLLECTION SHEET**

**PART A:**

**THE BOUNCING RAISINS DEMONSTRATION**

*Watch what happens to raisins dropped in seltzer.*

1. Sketch the glass filled with seltzer water and raisins. Draw what you see.
2. Notice some raisins have “bounced back” to the top of the glass.
3. Label these raisins with the letter “A”.
4. Label raisins on the bottom of the glass with the letter “B”.
5. What mood would best describe the floating raisins?

**PART B:**

**SHORT PERIODS OF DEPRESSION AND FEELING SAD ARE NORMAL.**

List five things that have helped you “bounce back” when you feel sad.

- 1.
- 2.
- 3.
- 4.
- 5.

Have a nice day!

## Flowers Bouncing Back

