

OVERVIEW

Using the P.O.D Template

WHAT IS POD?

POD stands for **Play** (cognitive flexibility), **Others** (social skills), and **Downtime** (wellness tools) Each represent the fundamental building blocks of positive & innovative social, emotional, and cognitive skills.

WHEN SHOULD I USE THIS TEMPLATE?

Social, emotional, and cognitive learning, like most things, take time for people to grasp, develop, and practice on a regular basis. By incorporating this format into your workplace sooner, each individual will have more opportunities to practice these specific tools, recognize how they can benefit from them, and how they connect to their workplace environment.

HOW IS THIS TEMPLATE DIFFERENT?

The POD method creates the optimal environment for any type of learning. This template is different because it encourages the integration of more play and exploration, social connection and collaboration, and reflection and mindfulness into every day activities. Incorporating more POD into a workplace can open up more opportunities to engage, connect, reflect, and deeply explore content leading to adaptability & innovation.

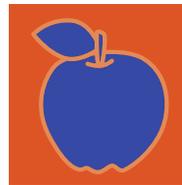
WHY IS IT AN EFFECTIVE RESOURCE?

Neuroscience research indicates that experience with practicing POD tools can positively impact the social, emotional, and cognitive development of adults. Also, science shows that POD activities are linked to improved neuroplasticity for all learning as our brain's become more "receptive" and open-minded towards new concepts. This template is an effective resource because it provides a springboard for people to integrate positive tools that lead towards a positive mindset, and life skills of innovation, leadership, and resilience in our rapidly changing 21st century world.

WHO SHOULD USE THIS TEMPLATE?

Any individual could benefit from this template because it provides various ways to integrate more play, others, and downtime into various subjects, topics and content.

RESEARCH RESOURCES & LINKS



The POD Method

The POD Method Explained:

The fundamental style is based on the science of motivational therapy and collaborative “Dolphin” interpersonal style. The collaborative style of the “dolphin” balances rules and expectations with autonomy and choice. This authoritative style leads to better self-motivation, adaptability, mental health, innovation, and performance. This method is a fun, low-cost, group method of delivering skills training through 3 unique P.O.D. experiences:



PLAY & EXPLORATION

A play "mind-set" of open-mindedness, curiosity, & exploration facilitated through valuing activities such as brainstorming, anti-groupthink, embracing mistakes, and learning through trial and error.



OTHERS & SOCIAL CONNECTION

Empathy, identity, social skills, and collaboration training through break-out sessions, teamwork exercises, role-playing and communication tools



DOWNTIME & COPING SKILLS

Attention training, cognitive restructuring, mindfulness, and cultivation of positive mental habits such as gratitude and optimism.

Incorporating different types of play, such as object-play, story-telling or imaginative play, can cultivate creativity, critical thinking, while engaging and motivating students into the lesson.

Examples or guiding activities:

Storytelling



Use stories to connect the lesson.

For example: stories of scientific discoveries made through play/ trial and error such as the lightbulb, DNA structure, etc.

Artist/Creator



Use art and creative expression.

For example: using visual posters, diagrams, infographics,

Object Play



Use tactile learning through building models or sketches.

For example: building 3D structures, clay, ceramics, or stop-motion video.

Goal: Give students time to explore and play with facilitator-guided games, different stations or autonomous activities that connect to the lesson.

Brainstorm Activities: *What different types of play could you integrate into your lesson or unit that would give students the opportunity to connect & engage with the content?*

Pre-lesson activity: *What play activity could engage your students into the content? What activity could give you an idea of what the students know or want to know about the subject?*

- Gallery Walk: Put art depicting the lesson around the room; have the students reflect on the art and how it applies to their lives.

Ongoing lesson activities: *What play activities could you continue to use & have the students lead throughout the lesson or unit?*

Posters/diagram/or student choice (creative visual play)

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Puzzles/ play dough, prototypes (object play)

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Jeopardy game, outside detectives, (competitive play)

Summative unit activity: *How can you integrate play into your summative assessments? What play activities could the students chose from to demonstrate their understanding of the content?*

- Students can tell a story of their journey in understanding the lesson through teh different forms of play (stroy-telling play)

Here is your blank template for bringing more play into your lessons!

Goal: Give students time to explore and play with teacher-guided games, different stations or autonomous activities that connect to the academic lesson.

Brainstorm Activities: *What different types of play could you integrate into your lesson or unit that would give students the opportunity to connect & engage with the content?*

Pre-lesson activity: *What play activity could engage your students into the content? What activity could give you an idea of what the students know or want to know about the subject?*

Ongoing lesson activities: *What play activities could you continue to use & have the children lead throughout the lesson or unit?*

Summative unit activity: *How can you integrate play into your summative assessments? What play activities could the students choose from to demonstrate their understanding of the content?*