



Welcome Ranger,

Welcome to the Mind Trek curriculum. We are glad that you are taking part in this adventure with your trekkers! By purchasing this resource, you are agreeing that the contents are the property of The Mind Trek Expedition, LLC and licensed to you only for classroom / personal use as a single user.

Every lesson is set up in a format for your ease. The objective and materials are listed on the left side of every page. Lesson titles are listed in the blue header along with the grade and sequence for the overall program. We understand that you might be teaching units separately and that is ok as well.

If you are looking for the full Mind Trek Program to utilize with your staff please check out our subscriptions at www.themindtrek.com. Education subscriptions include:

- ~Access for up to 200 teachers in your district
- ~Video-Based Lessons
- ~Staff Professional Development
- ~Parent Communication
- ~Assessments
- ~Grade Level Lessons
- ~Additional Stand-Alone Units

In Adventure,
The Mind Trek Guides

AVOCADO CHALLENGE



THE MIND TREK

Objective: Students will understand the benefits of compromise and how both parties can come out ahead.

Directions: Divide the class into 2 groups. Instruct the class:

“ Your group needs a rare avocado that I have grown. I am the only farmer that has been able to produce this rare produce in all of the world. It is an invaluable avocado. It is your job to negotiate to buy the avocado. You may only send one negotiator up at a time. ”

In private give Group A these instructions:

“ You have unlimited money. You need the Avocado peel to make a vaccine for the worlds current pandemic. Without it, your vaccine will not be effective and people could die. ”

In private give Group B these instructions:

“ You have a limited amount of money but many people that will be grateful if you are able to purchase the rare avocados. The pit of the avocados will be able to produce enough food to feed your country for years and they are currently experiencing a famine and will die of starvation if you do not solve this problem. ”

Give students time to negotiate. (The desired outcome would be for students to realize that they need different parts of the avocado and negotiate with one another.)

Discussion:

What went well in your negotiation?

What could you improve on the next time you need to negotiate?

What is key to making negotiations successful for both sides?

How does listening play a part in conflict resolution?

ARM WRESTLING CHALLENGE



Objective: Students will practice flexible thinking while resolving conflict.

Directions: Divide the class into pairs. Once students are in pairs read the following directions word for word. If they ask questions, simply repeat the directions.



I will set a timer for 30 seconds. During that time you and your partner will start in the arm wrestling position. You receive a point for every time the back of your partner's hand touches the table. Your partner receives a point every time the back of your hand touches the table.

At the end of the 30 seconds, we will add up your points.



Discussion:

Did you work together to get a large amount of points each or were you competitors and only ended up with a few?

What are challenges to your team when you try to be the winner?

What are the benefits to a group or team when the members work together?

Could working together mean giving up something individually? How could this be helpful to you?



SOCIAL EMOTIONAL LEARNING

ONLINE & PRINTABLE OPTIONS

The Mind Trek guides people of all ages to make the impossible, possible, by giving them the tools to overcome stress, build stronger relationships, and "climb their Everest."



ENROLLING NOW! <

FREE PREVIEW

Preview Complimentary Courses for:

- Jr. HIGH
- HIGH SCHOOL
- SPECIAL EDUCATION

Why Choose The Mind Trek?

"Not having to spend time prepping course work or thinking of topics for discussion was a life-saver when it came to our SEL." - Diana P., Teacher in Indiana



No Prep!

Each lesson only takes a few clicks, allowing teachers to invest their valuable time with other course work.



Easy-to-Follow Videos!

Each lesson has a simple, easy-to-follow video that gives thought-provoking topics for student engagement.



Guided Discussions!

Each lesson has a guided discussions that help students navigate through each topic being covered.

Course Benefits

"The Mind Trek met the needs of our entire school system. It was difficult finding a curriculum that covered the age groups and topics we were required to teach and wanted to cover. But the Mind Trek team worked with us to make sure our needs were met. The lessons also were pre-made, so our teachers didn't have to devote extra time to them. It was a win-win for us."

- Kimberly T., Guidance Counselor in Florida

10-MINUTE LESSONS ●

ACTIVITY VIDEOS ●

GUIDED DISCUSSIONS ●

JOURNAL ACTIVITIES ●



> themindtrek.com