



Session 5.1: Know Yourself - Patterns Level 6-8

In today's activity, you and your child will learn what patterns are, as well as how to identify them. A series of patterns will be provided for your child to finish the sequence. Some of these patterns will be shapes, whereas others will be ones found in nature. Your child will then draw a picture of themselves and their family.

Suggested Materials:

- Technology to view the lesson and print worksheets
- Pen/pencil
- Optional: notepad to take outdoors
- Print out [this worksheet](#), [A Shapes In Nature Bingo game](#)

Note” Please queue up [this video](#) prior to your child watching so you can skip the ads.

Lesson:

Have your child complete the following pattern exercises. Point out how patterns exist in nature, as well as in our everyday lives. The pattern that bees use in their hives allows all the honeycombs to fit together perfectly. Patterns allow us to predict what is going to come next. It is helpful for us to have patterns in our lives.

Have your child watch [this video](#) about patterns in nature.

When finished with the video, tell your child to go outside and look for patterns in nature in the yard, or go with him/her for a walk around the neighborhood. If an outside location is not possible, see if they can find any patterns by looking out the window.

Find the shape represented on the Bingo Card as it exists on a plant, a tree or somewhere in nature and mark it off on the sheet. Try to complete one row, up down or diagonal.

Tell your child that patterns are not only shapes and sequences that we see, but patterns can be our typical thoughts, or the ways that we usually react to things, or do things. Our brains like patterns, so each of us develop some that we use over and over. Some are more useful than others. It is helpful to know what your patterns are.

What are your patterns when...(what do you do? How do you usually feel?)

- Someone gives you a compliment.
- You are asked to do a difficult task in a short time.
- You are blamed for something that is not really your fault.
- You start on a task and it is harder than you expected.
- You are asked to be in charge of something, or be the leader.
- Someone else is asked to be the leader, and you have to be part of the group.
- You are looking forward to something and at the last minute something changes and it doesn't happen.