

Friends & Feelings Booster Session 2 - Assessment Task



Learning Intention:

Today we are: learning about managing big feelings.

So we can: better understand how to identify feelings and body clues, and ways to calm down.

I will know I have been successful: when I can create an invention that can help people to feel calm when they are feeling stressed, have big feelings, or are experiencing body clues.

Design a new invention that helps people calm down if they are felling stressed or their body is displaying some big feelings.

This invention should be accessible, easy to use, and effective for a wide range of users. Consider both the physical design and any technology or mechanisms involved in achieving its calming effect.

Write a supporting paragraph to describe how it works, its potential uses, and how it can positively impact people's lives.

Assessment Task:

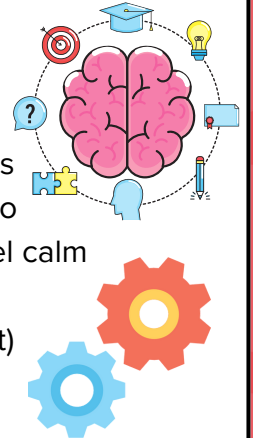
Make sure you include

- a name for your invention
- what big feelings it addresses
- describe what things it can do
- how it can help people to feel calm
- how it is suitable for all users

(wearable, digital, physical object)

Be sure to also include

- a labelled diagram identifying its' parts



Invention:
