Welcome to...
Hooks, Meaning-Makers & Teaching with GRIT!
(Get Revved in Teaching)

Su Nottingham – Central Michigan University
Al Craven – Adrian College
“A good teacher, like a good entertainer, first must hold the audience’s attention. Then s/he can teach the lesson.”

Hendrik John Clarke
“DON’T JUST TEACH A LESSON, CREATE AN EXPERIENCE.”

Dave Burgess, “Teach Like a PIRATE”
Hook

An educational term for a way to focus student interest and attention on a particular topic, principle, concept, etc.?
OTHER NAMES FOR “THE HOOK”:

- Anticipatory Set (Madeline Hunter)
- Attention Getter
- Creating Interest in the Beginning
- Lesson Opener
- Unit Opener
- Baiting the Hook
PURPOSE OF “THE HOOK”

・To create interest
・Get the students’ attention
・Focus the learning
・To begin the thought process toward the topic
・To wet their appetite for things to come
・To refocus attention AFTER an interruption
CHARACTERISTICS OF A GOOD HOOK:

- It is SHORT
- Linked to the lesson’s benchmark/objective
- It YIELDS….goes away quickly for the teaching to begin
- Is Energetic and Optimistic
Consider ‘Hooks’ to set the mood:

- turned down the lights
- music from a popular movie
- twinkle -type lights around room/gym
How can the desks be re-arrange for this lesson to be most effective?

Just a change can grab the students’ attention!
Decorate your ceilings...floors

Place pictures on floor....can only enter the room by stepping on HEALTHY foods.
Consider ‘Hooks’ to.....

Transform your room to create the ultimate atmosphere for a lesson

• THINK: If I were throwing a theme party at my house for this subject, what would I do?
Theme Party for MyPlate/Nutrition.....

• In your group......
  1 IDEA for how to prepare your room as a hook

1 IDEA in 1 Minute!
Types of HOOKS

- MEDIA
- PROPS
- STORY
- ANALOGY
- STATUS
- CHALLENGE
MEDIA HOOKS

MEDIA

• Picture
• Video clips
  • Youtube isn’t the only option
• Music
• Advertisement
Put up a picture of something random...and tie in later.....
Finding a clip for your subject

https://www.classhook.com/
Can you see a potential problem?

SUSAN NOTTINGHAM
1951 -
DIED WITH TECHNOLOGY
IN HER HAND!

www.tombstonebuilder.com
Road sign

Motel Sign

ARRMANE MOTEL

POSTPONE
PROTECT
BE SAFE
STAY TRUE

NO VACANCY

http://www.custommotelsign.com/
PROPS

▪ A meaning maker
▪ Visual
▪ Costume
Consider ‘Hooks’ as props

• What physical item can I bring in to add to my presentation? Create a WOW factor...

• What can they hold in their hands and pass around?
1 IDEA in 1 Minute!

• Given the **TOPIC CARD** for your group.....

Think of a **PROP** that could be used/handled by students as a **HOOK**.
How about a costume!?
Hooks as mystery boxes, bags, etc.

- the mystery box or bag at the front
- build up the suspense of the unveiling
- give hints and have guesses
What is in the BAG?
Topic: Relationships

Hints:
1. Something we value in our country
2. Parents/guardians hold the lock and YOU hold the key
3. Something you’ll gain as you show maturity
4. Word contains a brand name for adult bladder leakage product.
5. Starts with “I”--- Ends with “E”
6. ________ Day is July 4\textsuperscript{th} in the U.S.
Hooks as mystery boxes, bags, etc.

- the mystery box or bag at the front
- build up the suspense of the unveiling
- give hints and have guesses

PASS YOUR TOPIC CARD to another group.
Fill Up the Box (or Bag)!

- Given your NEW topic strip.....
- Think of WHAT could be placed in the box or bad.....as a hook
ANALOGY

• Comparing to something else to aid in understanding
Health Mystery Box for Health Unit

- Students reached into a mystery box and pulled out an item and discussed how that related to the health unit of study.

Eg. Deodorant, condoms, first aid kit, fruit / vegetables, stop sign
TELLING A STORY

- Tell a personal story
- Tell a story that helps apply to their lives
- Stories “wake up” the brain and aid in retention.

I like nonsense, it wakes up the brain cells.
---Dr. Seuss
Hooks appeal to human nature....

Taboo Hook
-humans are intrigued by things they aren’t supposed to hear?

Body Language Telephone – What you see isn’t always the same for everyone!
Body Language Telephone

• Get _____ number of people in a line.....
Hooks appeal to human nature....

The Teaser Hook
- How can I spark interest in this lesson by promoting it ahead of time?
STATUS

- Show importance
- Statistics – something GREAT!
- Awards/accomplishments
- Wow! Isn’t that surprising!
- Bet you didn’t know that!
STATISTICS AS A ‘HOOK’

An obese 12 year old has a 75% chance of being an obese adult.

If you have an obese Mom and Dad a child has an 80% chance of being an obese adult.
Guess-tions and Answers

- Using the ½ sheet provided
- As the question to 4 people (not at your table)
- Select or GUESS the correct answer and CIRCLE
1. How many adults admit to having fallen asleep during a PowerPoint Presentation?

• Answer:
  • 32%
2. What percent of adult say they would rather give up sex tonight than face another PowerPoint?

- **Answer: 24%**
3. What Percentage of Pinterest Users are female?

Answer: 81%

(New user sign ups 60% male)
4. The first webcam was deployed at Cambridge University to monitor what?

Answer: A Coffee Pot
5. Approximately how many glasses of milk does a cow produce in her lifetime?

Answer: 200,000
6. The average number of friends for the average Facebook user?

Answer: 155
CHALLENGE

- List 15 things that.....
- See if your group can....
- Can you.......?
- Try to ......
Challenge: Working on Balance and Flexibility....Try to....... 

- Stand on one foot with your eyes closed 
- Try to touch your fingers together behind your back 
- Try to put your elbow in your ear 
- How long can you stick juggle?
TYPES OF HOOKS (REVIEW)

- MEDIA
- PROPS
- STORY
- ANALOGY
- STATUS
- CHALLENGE
Try a hook for EVERY LESSON or use a HOOK to CAPTURE the students’ ATTENTION!
Meaning Makers

What the heck are they?
Be prepared - PLAN the meaning maker (125)

Dr. Becker discusses nutrition using a meaning-maker....

https://www.youtube.com/watch?v=17Ok6Yo_2HE
“meaning makers”

Sample meaning maker:
Prudential Insurance.....

https://www.youtube.com/watch?v=dCeljpLSbr0
balloons

How could you use this in health?
(avoid shaming type lessons)
Meaning Makers

- Link the learning = memorable
- Brain-based
- Throughout the lesson
- Often after instruction for clarification
Definition:

A learning episode that is brief and illustrates, with clarity, the material, principle or concept being presented.
3 items as meaning makers....what for?

- 10 lb weight
- Container with a golf ball
- Jug of water
10 lb weight?

Represents the largest, heaviest organ in the body... SKIN
Container with a golf ball?

A concussion as brain crashes against skull
Jug of Water

Approx. how much we sweat and perspire in a day.
Teaching the female reproductive system

• Two dimensional
• Difficult to understand
• Pictures/graphics confusing

Birth Process
Human Uterus
Breathing...straw

• Use a straw to simulate how a smoker's lungs make it difficult to breathe.
How can the bubble wrap be used?

• Each bubble represents all the fat cells in your body
• Through exercise, movement, proper nutrition, and rest you can “pop” a bubble to change the shape of fat cells
Swim Suit Models --- volunteers?
What MEANING MAKER can YOU create?

PASS YOUR TOPIC CARD to another group.

1 IDEA in 1 Minute!
Meaning Makers can be more involved:

Sperminator!!
Sperminator

Open “sperminator board”
Each person (6) takes a card set
Take a “sperm” (game pie)
Each person reads top card, move their “sperm”
  – Through male system
  – Into female system
  – Follow card directions – when “sperm die” place on the center section and then start with second sperm.
• Be READY to answer some questions!!!!
* Where can sperm die in the body?

* Answer: Testicle, Condom, Vagina, Fallopian Tube (also in Uterus)
Why might sperm die in the vagina?

Answer: Because the PH is acid
* Where do sperm mature?

* Answer: Epididymus
What does the Seminal Vesicle add to the sperm? Purpose?

Answer: A sugary substance to feed sperm
* What does the Prostate Gland add?

* Answer: A protective alkaline substance
Where does the sperm meet the egg for conception to occur?

Answer: In the Fallopian Tube
* What happens that makes it so only one sperm penetrates the egg?

* Answer: A coating occurs to prevent another sperm from entering.
Do you bring condoms into the classroom or must you use a “sock” demonstration?
If you had to use a sock.....

- Sex could be a: Shoe Activity
- Roll the condom to the base of the penis = pull the sock all the way up...
- Reservoir Tip = Make sure your toes can wiggle...not too tight
Your Group’s Task.....

- Using the sock you are given....plan/discuss how you’d do a male condom demonstration
Using a SOCK as a meaning maker for a condom......

Mississippi Sex Educator:

- [https://www.youtube.com/watch?v=06kT9yfj7QE](https://www.youtube.com/watch?v=06kT9yfj7QE)
Sometimes just an item can spark it.....

Take a PUFF....
Share your expertise.

Discuss and list the hooks, meaning makers, connections, props, etc. that you have used to teach health/sexuality content.
“The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.”

William A. Ward
Thank You

Al Craven (acraven@adrian.edu)
Su Nottingham (sunottingham@gmail.com)

517-851-4350
517.851.1113 mobile
Website: nottinghamandcraven.org