

The consequences of sedentary lifestyle

“Mind Map”



UNTAMED
EDUCATION

“Mind Map”

Task Instructions

1. Mind mapping involves placing the information learnt onto one sheet in an order that makes sense to the learner.
2. It is important that the learner doesn't feel the need to write in structured sentences or paragraphs but instead uses pictures and keywords that prompt their memory into remembering and understanding how the information links.
3. Vibrant colours, pictures, keywords, textures and creativity stimulate the brain and using these in their mind maps should be encouraged.
4. Students can draw pictures that represent the knowledge or they can use the images provided on the final page.
5. Going big is always fun so the mind map sheet can be blown up to A3 or A2 size.

Variations/Extensions

1. Students can mind map individually, in partners or small groups.
2. Include other craft materials for students to use such as string, glitter or tissue paper.
3. Go 3D and make a model or pop up version of the information.

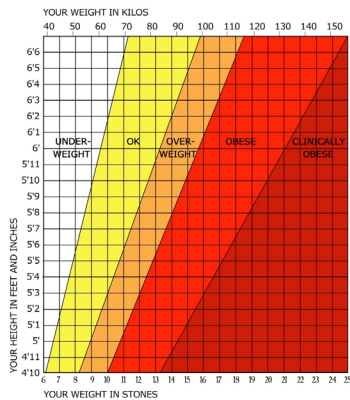
The Learning

1. The freedom of creativity and ownership of learning is a powerful concept.
2. Creativity is stimulating especially when the possibilities to represent the information are increased.

“Mind Map”

Sedentary Lifestyle

“Mind Map”



BODY MASS INDEX (BMI) CALCULATION

