

How to Implement PBL In Your Classroom

Hi! My name is Nancy Mikhail and I created this Project-Based Learning Packet for a step-by-step process on how to create and implement PBL. You deserve to be able to seamlessly implement PBL in your class, no matter what grade level you teach.

PBL allows for students to take thoughtful risks, engage in experiential learning, persist in problem-solving, embrace collaboration and work through the creative process.

PBL leads to the innovators, educators, leaders and learners of the 21st century!

I hope you enjoy PBL as much as I do.

Nancy Mikhail



Benefits of PBL

Project-based learning is beneficial for your students because...

🌱 PBL is adaptable for all types of learners. Whether your students learn really well in a particular way, has learning disabilities, or challenges you in some way, with PBL you can give as little or as much of the project on a particular day.

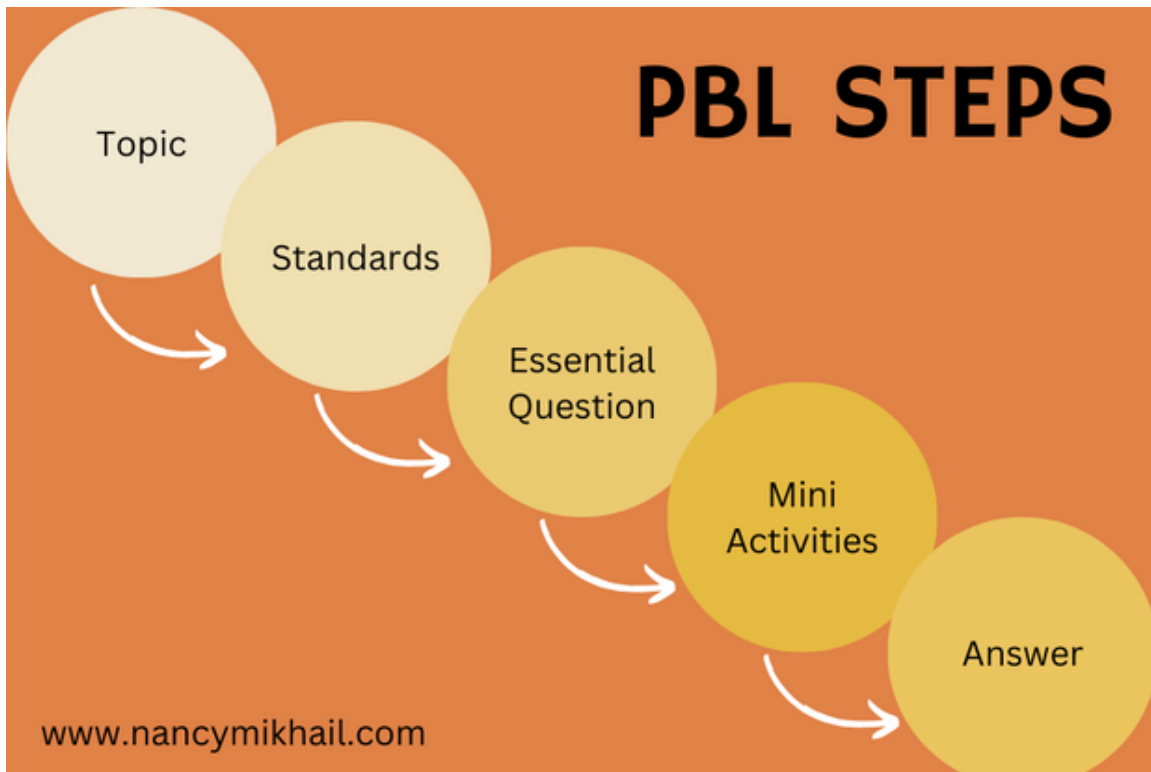
🌱 PBL is engaging. From the students researching information themselves, to doing hands-on activities, and figuring out a solution to a real-world problem about the topic they are learning, PBL engages students in learning from beginning to end.

🌱 PBL is applicable to real-life situations. The premise of PBL is answering a question to a solution about the topic. This allows for critical thinking, analyzing, and creativity.

WHAT THE RESEARCH SAYS:

- * Students showed more initiative
- * Elementary students learned to understand multiple perspectives and conflict resolution skills
- * Special education students developed social skills such as patience and empathy
- * Low-ability students demonstrated initiative, management, teamwork, and conscientiousness as they worked in groups

Steps to Design a Project



Here are the steps that to take when starting to create a project:

1. Think of the topic that you want to create a project about. For the sake of this article we're going to use the example of animal adaptations.
2. Look up content standards that have to do with animal adaptations according to your students grade level. For the animal project, I would look up content standards that are for Kindergarten through Second Grade for animal adaptations.
3. Based on the standards, you would then come up with an essential question. The essential question is something that by the end of the project they create, build, research, and/or come up with a solution. The project should guide students through a bunch of activities to research this topic so that they can answer this essential question at the end.
4. Go through and think about what the activities and steps that need to be done in order to answer that essential question. I personally create information sheets about the main

topic which is more of a guide for teachers. It's always beneficial to include videos in lessons, so I'll include a few videos in the project. Then I include activities to help them build up their knowledge along the way, such as some cut and paste activities, filling in the blanks or a journal. Of course this is dependent on the grade level. These suggestions are for primary grade levels. For upper, I would do more journaling, writing essays, more research-based activities and complex art projects.

5. Gather Resources: I always like to gather several books for my students because it helps get them excited about the project and they immerse them in the topic. It's always a fun idea to go to the library and have them pick about books about the topic.

There you have it! This is a raw skeleton of how I go through creating a project. If you have any questions about these steps, I'd be happy to answer them! Email me at nancy@nancymikhail.com.

We want to make this easier for you...

There's no doubt you are a rockstar! You're an amazing educator and we both want the best for your students. But sometimes everyone needs a little more support, so here are a couple options to work with NMEDU:

1. **1:1 Coaching:** This could be a one time coaching session to plan your amazing upcoming project, to discuss differentiation in your classroom, curriculum or any other education related question. Or we can have a series of sessions for support based on your needs.
2. **In-house or Virtual Workshops:** I know, I know, workshops can be just another meeting to attend. But I assure you the workshops we provide are definitely not just another meeting. In these workshops, you walk away with practical strategies you can immediately implement. During the workshop, you will be able to try the methods discussed and walk away with resources to support you. NMEDU workshops are hands-on, interactive, collaborative and reflective.

HANDS-ON, INTERACTIVE, TRANSFORMATIVE WORKSHOPS



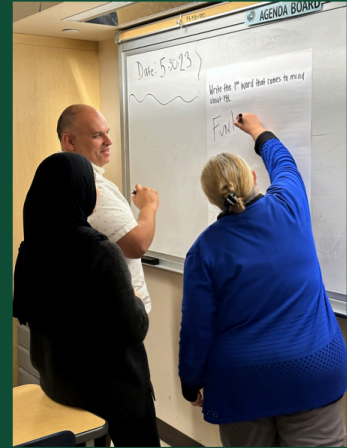
- ✱ Implementing Project-Based Learning
- ✱ Learning that Captivates - Hands-On Learning
- ✱ Incorporating STEAM in Learning
- ✱ Creating Custom Curricula: Empower Your Students with Tailored Learning

Work with Nancy

Nancy Mikhail
EDUCATIONAL COACHING

HANDS-ON, INTERACTIVE, TRANSFORMATIVE WORKSHOPS

- ✦ Ignite Your Passion and Inspire Student Motivation
- ✦ Tailored Teaching Strategies: Nurturing Every Unique Learner
- ✦ Mastering Classroom Management: Beyond Clip Charts and Marble Jars



THANK YOU!

Visit www.nancymikhail.com/shop to shop projects!

@nancymikhailedu

Please contact me with any questions!
nancy@nancymikhail.com

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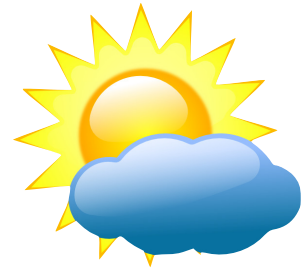
Work with Nancy

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EDUCATIONAL COACHING

15 Project Ideas

Weather Project (K-2nd)

Essential Question: What kind of structure can you build to decrease heat in a sunlit area?



Garden Project (K-2nd)

Essential Question: What would be a good environment for plants to grow and thrive? Build a mock structure.

Anatomy Project (K-2nd)

Essential Question: How does good nutrition effect internal and external body parts? Create a plan for someone to live a healthy life.



Animal Project (K-2nd)

Essential Question: Build a tool that mimics the functions of an animal that helps them survive.

State Project (3rd-6th)

Create your very own state. What is the shape of the state, government structure and laws?

Astronomy Project (3rd-6th)

After studying galaxies, stars and constellations, create your very own galaxy!

Movie Theater Project (3rd-9th)

After learning about the movie theater industry and costs, create your very own movie day/night!





Government Project (3rd-9th)

After learning about our current government, create your very own government. What will the departments, laws and systems be?

Stocks and Investment Project (5th-10th)

You've been given \$100,000. What do you think is the best way to utilize those funds to increase your wealth?



Engineering Project (K-12th)

What kind of tool can you build to solve a problem?

Community Project (K-12th)

What is one problem in your community? Come up with a plan to solve it.

Business Project (3rd-12th)

Create a business. This could be a product you design and sell or a service.

Newsreporter Project (2nd-6th)

Become a news reporter!



Children's Book Project (2nd-12th)

Create a children's book about a topic you've learned.

Forensics Project (4th-8th)

Learn about forensic science and use critical thinking skills to solve a simulated crime scene.

build-a-project

grades 2nd-6th

Step-By-Step Guide

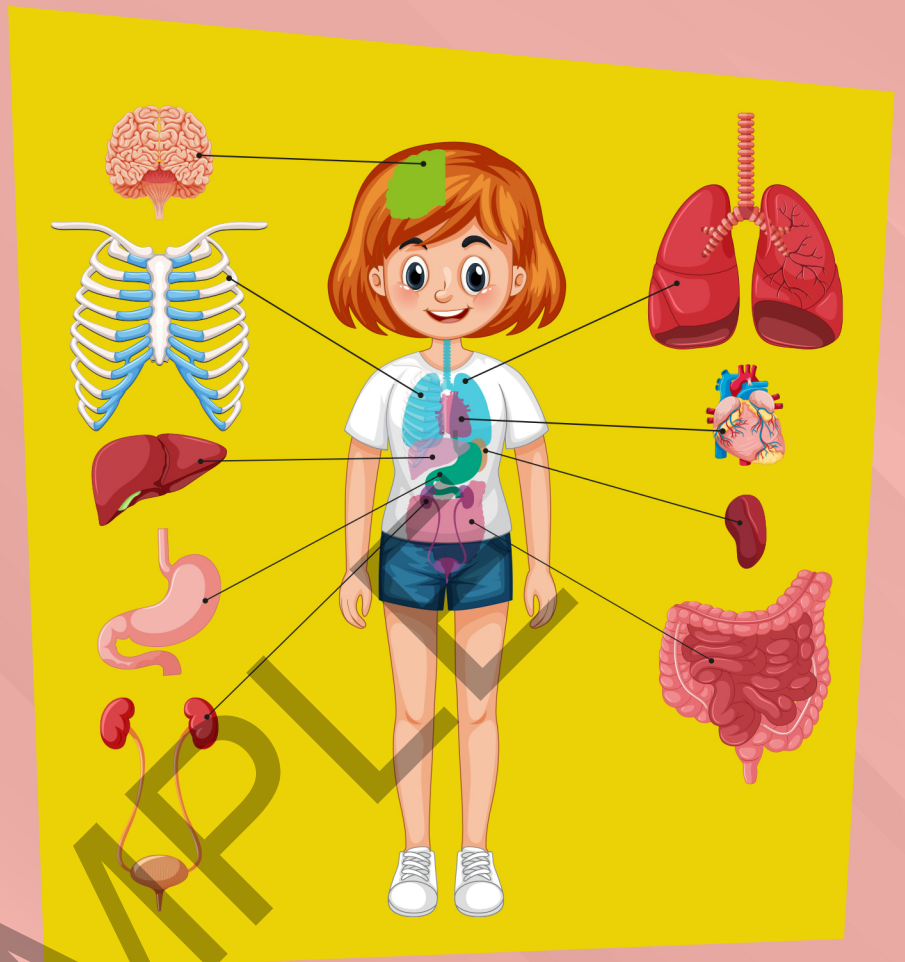
Reproducibles

Content Standards

Note-Taking Guide

Project Timeline

Additional Content Areas



Anatomy & Nutrition

Customized quality
projects for at
home learning!

STEP-BY-STEP GUIDE

Welcome to the Anatomy and Nutrition Project!

I hope you and your students enjoy this project.

Here is some helpful information:

- 1. Content Areas:** This outlines standards that your students will meet according to their grade level. It is highly recommended to share these standards with your students. It gives them perspective and a focus on what they are going to learn.
- 2. Timeline For Project:** The timeline provided serves as a suggested general guideline on the pace of the project. This could be altered to better suit your family's lifestyle and schedules.
- 3. Project:** The project description provides step-by-step instructions for the various project components included.
- 4. Note-taking Guide:** This template is to help your students take notes while researching.
- 5. Checklist:** This is a helpful tool to ensure all components are complete.
- 6. Additional Content Areas:** These are optional mini activities your could do with your students. It is highly recommended that you include these activities during your project if time permits, because beneficial for your students to connect the content areas to one another.
- 7. Research and Websites:** This page reviews helpful information for your students to research the material, along with some helpful websites they could refer to.

LET'S BE SOCIAL!

I'd love to hear from you on social media! Please reach out and tag @build_a_project in your posts!



build_a_project



buildaproject

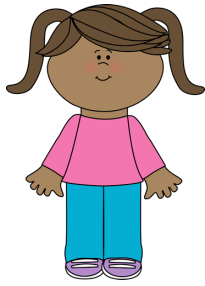
CONTACT INFORMATION

Feel free to contact me anytime for questions and updates. I love to see pictures and receive updates on how the students are doing!

Nancy Mikhail

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CONTENT STANDARDS



HEALTH & NUTRITION

- 1.1.N Identify and define key nutrients and their functions.
- 1.1.N State the recommended number of servings and serving sizes for different food groups.
- 1.3.N Describe the relationship between food intake, physical activity, and good health.
- 2.1.N Identify internal and external influences that affect food choices.
- 2.3.N Identify internal and external influences that affect physical activity.
- 3.2.N Use food labels to determine nutrient and sugar content.
- 6.1.N Make a plan to choose healthy foods and beverages.
- 7.1.N Practice how to take personal responsibility to eating healthy foods.
- 7.2.N Practice how to take personal responsibility for limiting sugar consumption in foods, snacks, and beverages.

GOALS FOR THE PROJECT

Learn about
the functions
of each organ

Learn about
positive and negative
effects of organs

Create a
meal plan

Welcome To Your Anatomy and Nutrition Project!

In this project you will learn about how nutrition effects the human body organs.

MINI ACTIVITIES AND MAIN PROJECT

Essential Question:

How does good nutrition effect internal and external body parts?



MINI ACTIVITIES AND MAIN PROJECT

Subjects involved: Health, Science, Nutrition, Writing, Art, Media

OVERVIEW OF YOUR JOURNEY THROUGH ANATOMY AND NUTRITION

In this project, you will learn about the internal organs and their functions. Once you learn about each organ, you will research how good and bad nutrition affects these organs. To do this, you will make a Human Body Flap. After you learn about what each organ does and how nutrition affects the organs, you will be making a video talking about how good and bad nutrition affects your body!

SCIENCE

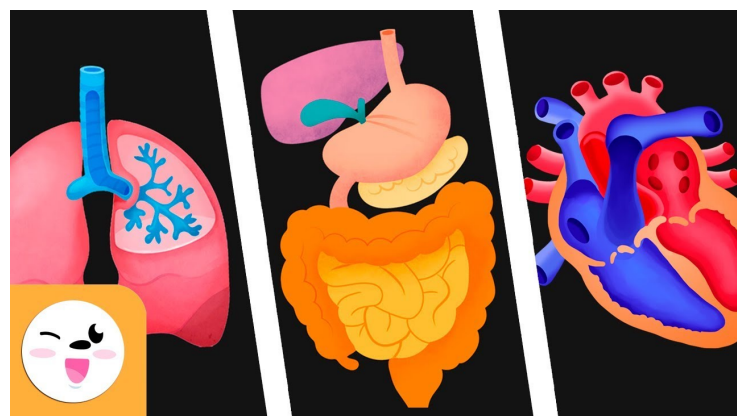
1. Learn about each organ and nutrition facts.
 1. Review the **Organs and Nutrition** sheet.
 2. Be sure to use your own resources from the library and the internet to learn more as well!
 3. Watch the following videos (click on picture)

Introduction to Nutrition



<https://youtu.be/mMHVEFWNLMc>

Introduction to Anatomy



<https://www.youtube.com/watch?v=i5aXwiC3wWc>

4. Use the **Note-Taking Guide** to jot down your notes about each organ. After you write your notes, you will write about each organ in the flaps in paragraph form. For each organ you will write: what it is, what it does, and how good and bad nutrition affect the organ.
5. Once you collect all of the information about the organs, you will put the information in a human body flap! Please see the **Human Body Flap** page for detailed information.

WRITING

6. After completing all of the fun tasks, you'll end the project with answering the essential question. See the **Writing** page for details.

MEDIA

7. Create a video talking about how good and bad nutrition affect your body. Please see the **Make a Video** sheet for details.

NUTRITION

8. Create your own meal plan using the sheet, **Create Your Meal Plan.**

What is on the inside of the human body?

Anatomy is the study of the body. In this case, we will be focusing on the human body. There are many systems in our bodies and we will be focusing on the major organs from a collection of these systems.

The systems in the body are:

Circulatory System

Immune System

Nervous System

Respiratory System

Digestive System

Endocrine System

Muscular System

Excretory System

Skeletal System

To read more about
the human body
systems visit

[A Guide to Body Parts](#)

In this project, we will be focusing on the following body organs:

Heart

Lungs

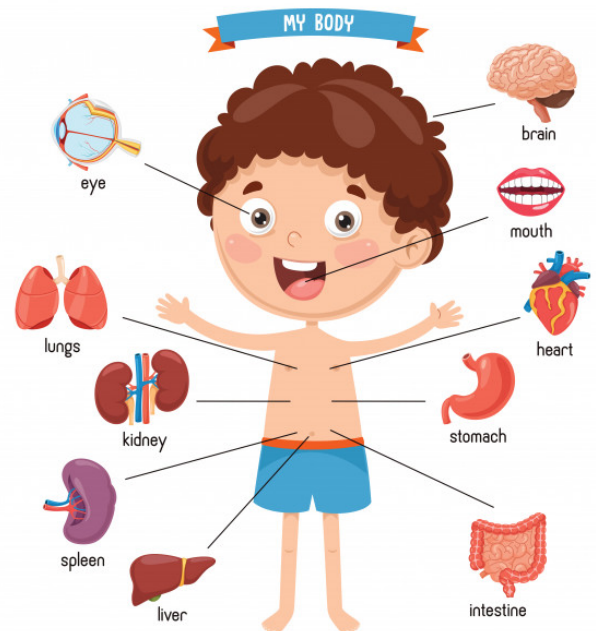
Kidney

Large Intestine

Brain

Liver

Small Intestine



Read a bit about each organ listed on the next page!

BODY ORGANS

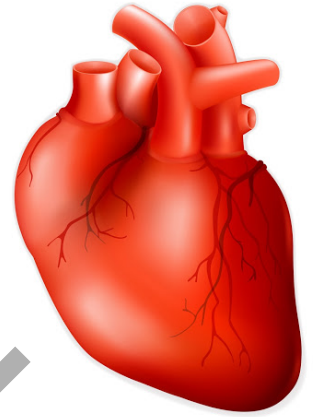
Below you will find some information about each of the body organs. Be sure to include your own research from textbooks or credible websites on the internet!

Heart

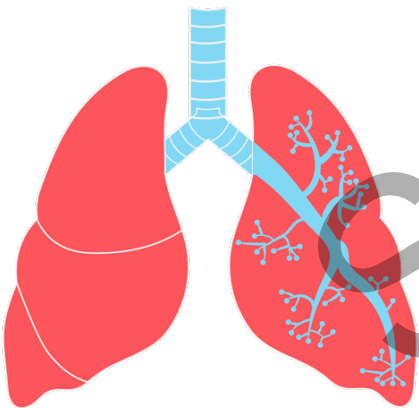
The heart is a muscle located in the left of the middle of your chest. It's about the size of your fist. The heart sends blood around your body. The blood that it sends provides your body with oxygen and nutrients it needs and carries away any waste.

It's important to keep your heart happy by exercising or staying active, eating a variety of healthy foods, making sure to eat your fruit and veggies, and limiting the sweet stuff!

Read more about the heart here: <https://kidshealth.org/en/kids/heart.html>



Lungs



The lungs are located in the chest and take up most of the room in there. Your lungs are protected by your rib cage and beneath the lungs is the diaphragm. The diaphragm allows you to breathe in and out.

It's so important to take care of your lungs as they allow you to breathe. It's so important to make sure to eat healthy and exercise to keep your lungs healthy. Smoking is not good for any part of your body, but your lungs definitely won't be happy as it will effect a person's breathing.

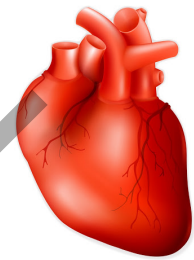
Read more about the lungs here: <https://kidshealth.org/en/kids/lungs.html>

NOTE-TAKING GUIDE

While you're learning about the different organs, take notes and answer the questions below to fill out information for the human body flap!

Heart

What does the heart do?



How does good nutrition effect the heart?

How does bad nutrition effect the heart?

HUMAN BODY FLAP

Now it's time to put all of your research and hard work into the Human Body Flap!

SCIENCE

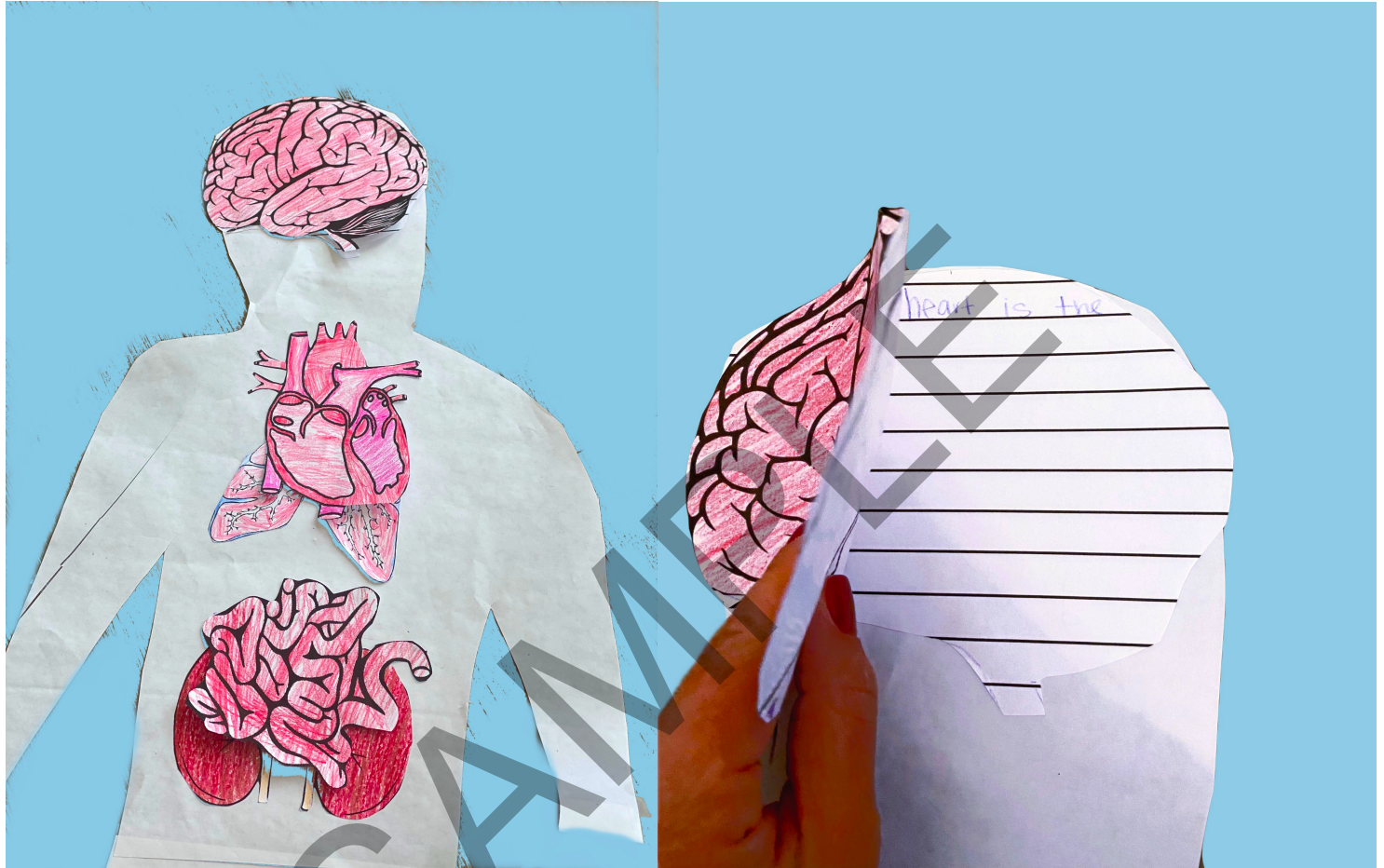
Materials:

- Large sheet of butcher paper
- Pencil
- Scissors
- Colored pencils
- Printable of organs (provided below)
- Video recorder

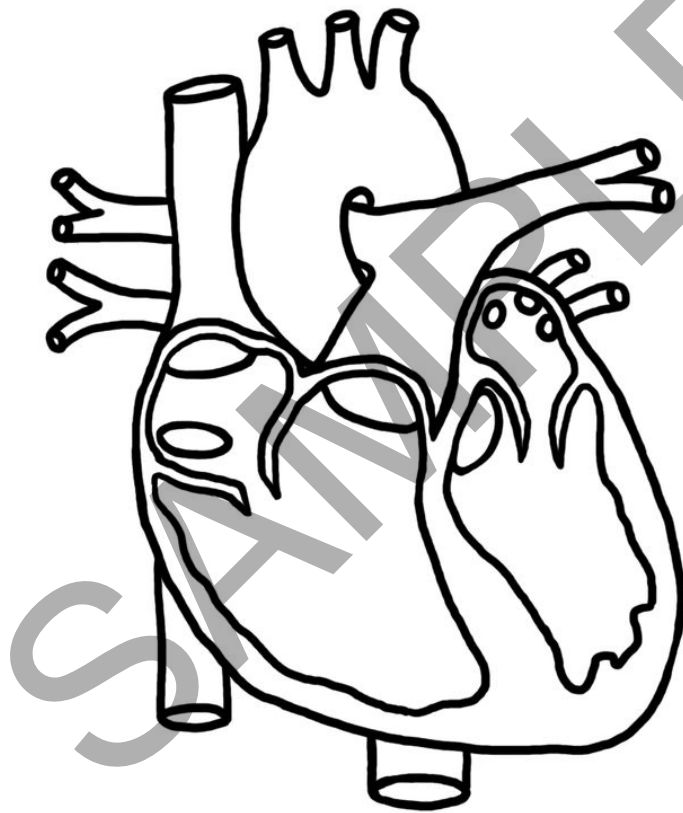
To make the Human Body Flap:

1. Have someone trace your body on a large sheet of butcher paper and cut it out.
2. Cut and color internal organs. See printable of internal organs on the pages below.
3. Place the lined paper under the organ. Trace each organ on the lined paper provided (therefore you will need to print 7 pieces of the lined paper) and cut it out. This is where you will write about the organ. Essentially you are creating a flap.
 1. Write all about the organ on the lined paper and how nutrition effects that organ.
4. After you colored, cut the organ and lined paper, and wrote about it, you will paste the organ on the correct part of the body (please see diagram of body on **page**). Here is an example of a completed poster:

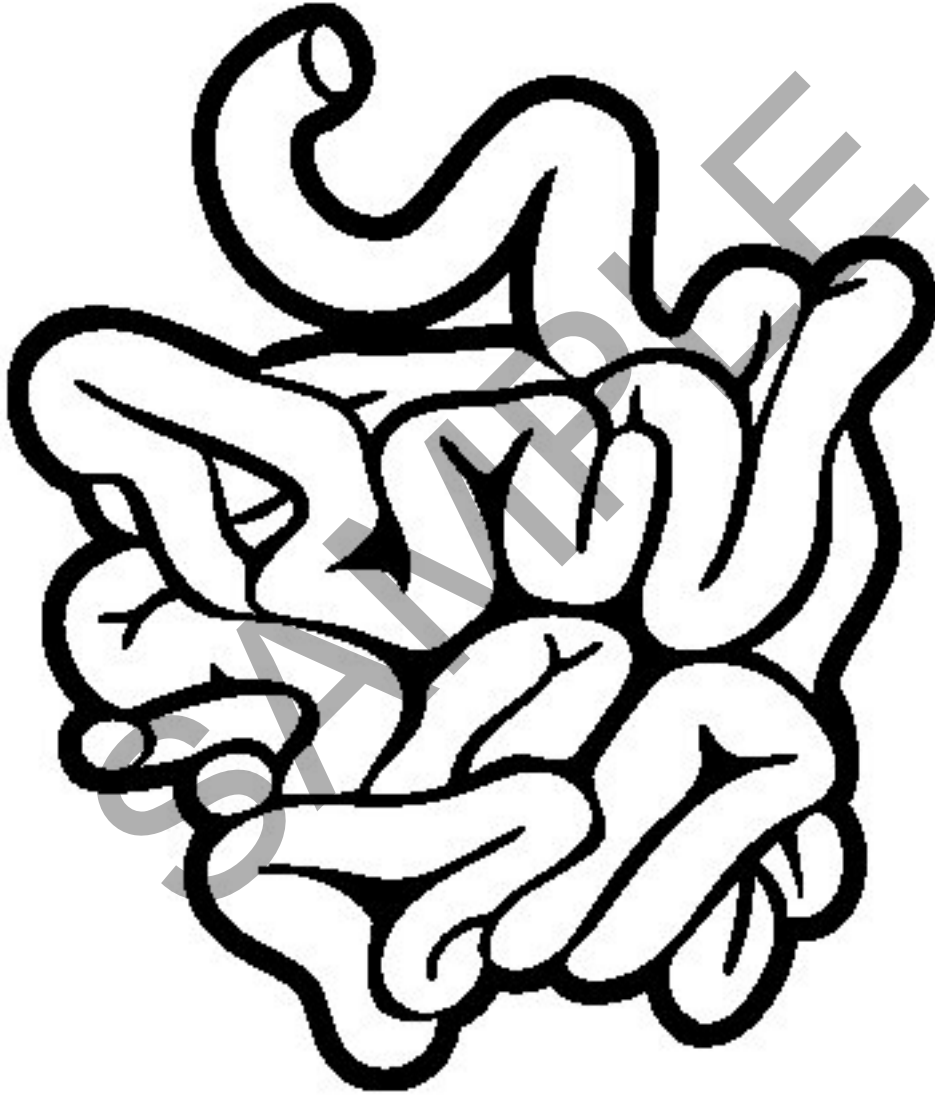
Life Size Human Body Flap



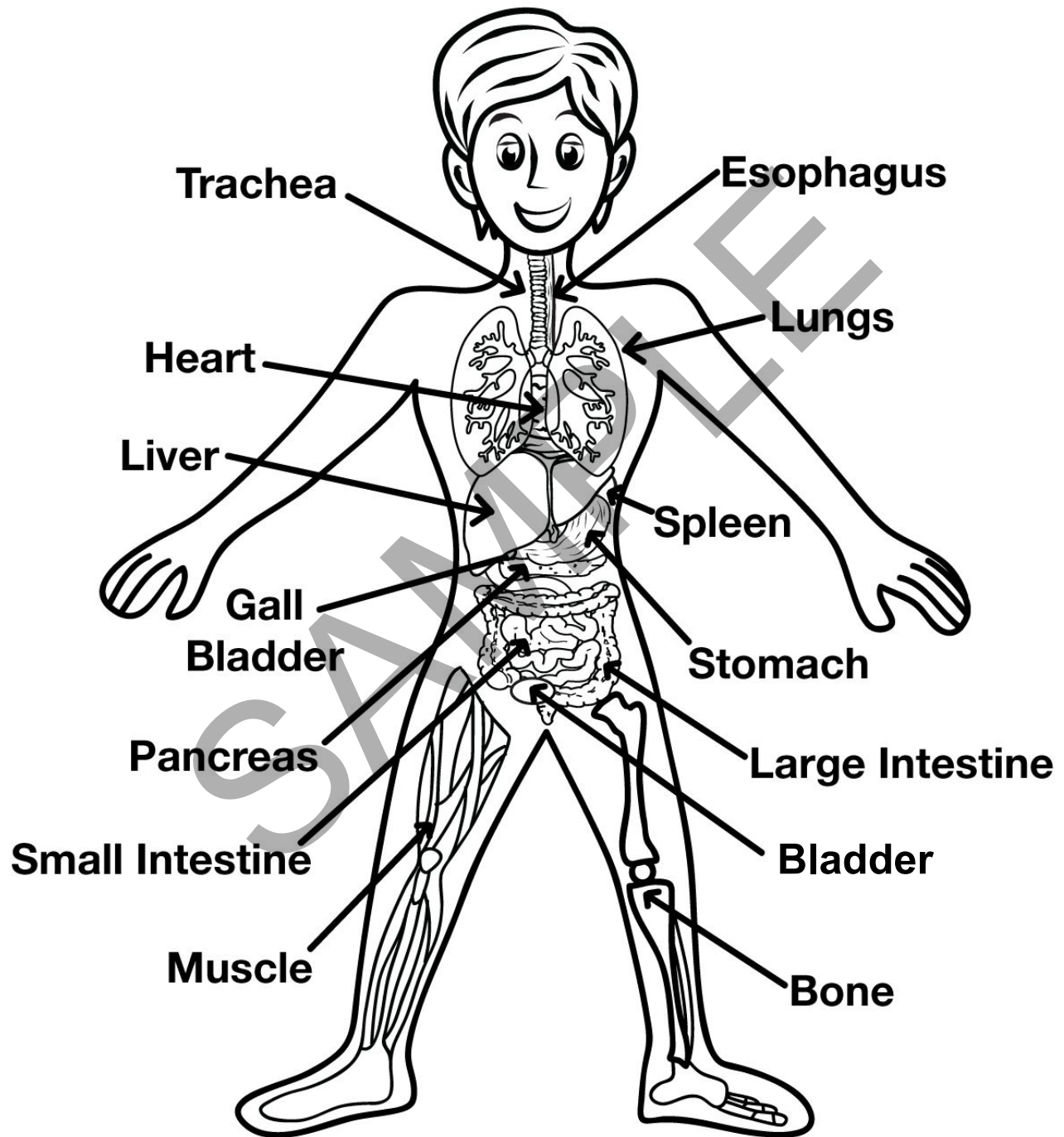
Heart



Small Intestine



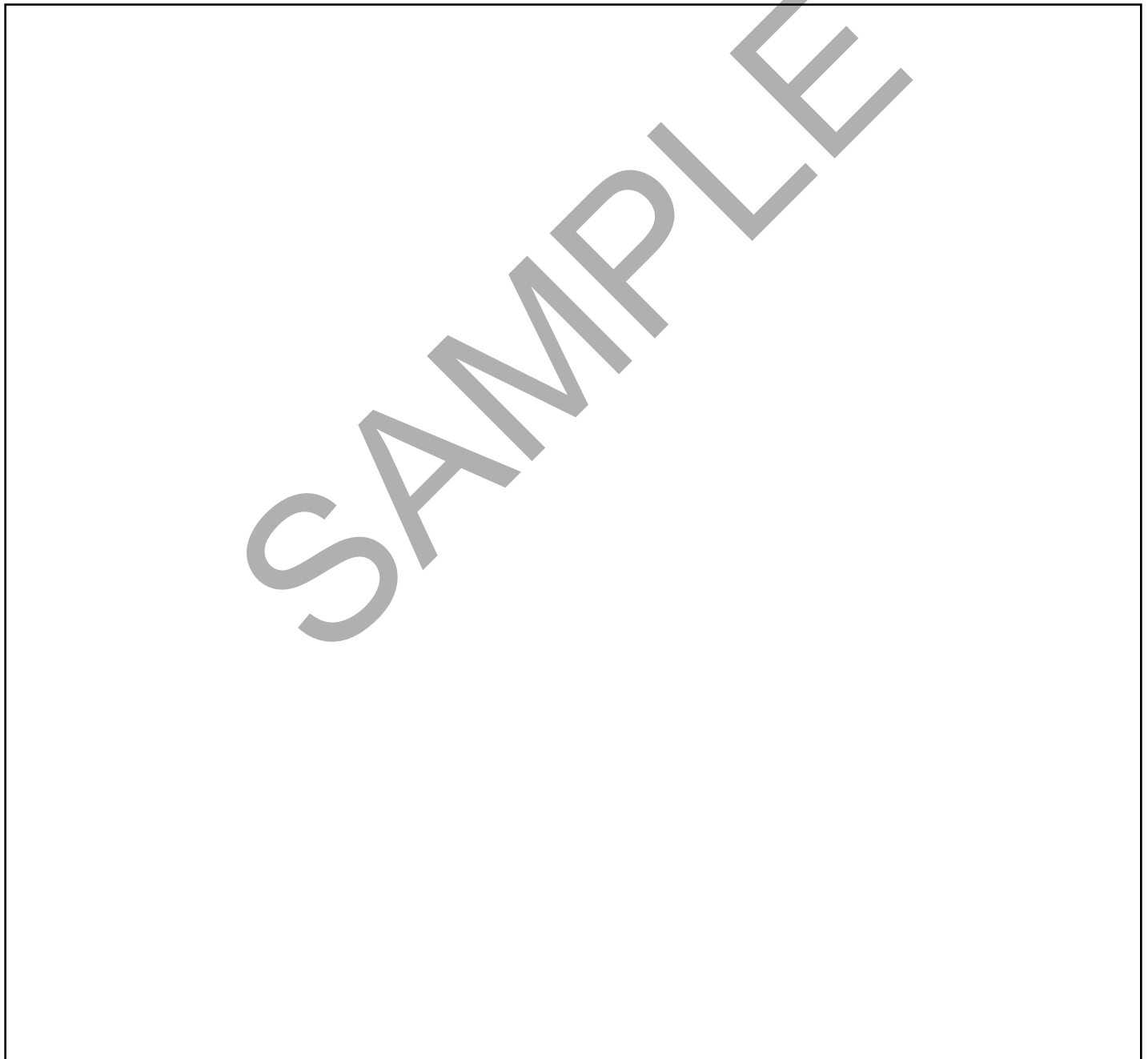
Body Diagram



MAKE A VIDEO

Create at least a 5 minute video about how good and bad nutrition effects your body. You could add images, interactive links, etc. Get creative with it! You can set it up as if you are a teacher teaching a class, or a news anchor giving a report, or you could simply talk and give information about these answers.

Use the space below to plan your video:

A large rectangular box with a black border, intended for planning a video. The box is mostly empty, but it features a large, light gray watermark that reads "SAMPLE" diagonally from the bottom-left to the top-right.

Create Your Own Meal Plan!

Create 5 days of healthy dinner meals that you would enjoy. Use the foods in the food group chart to create your meals.

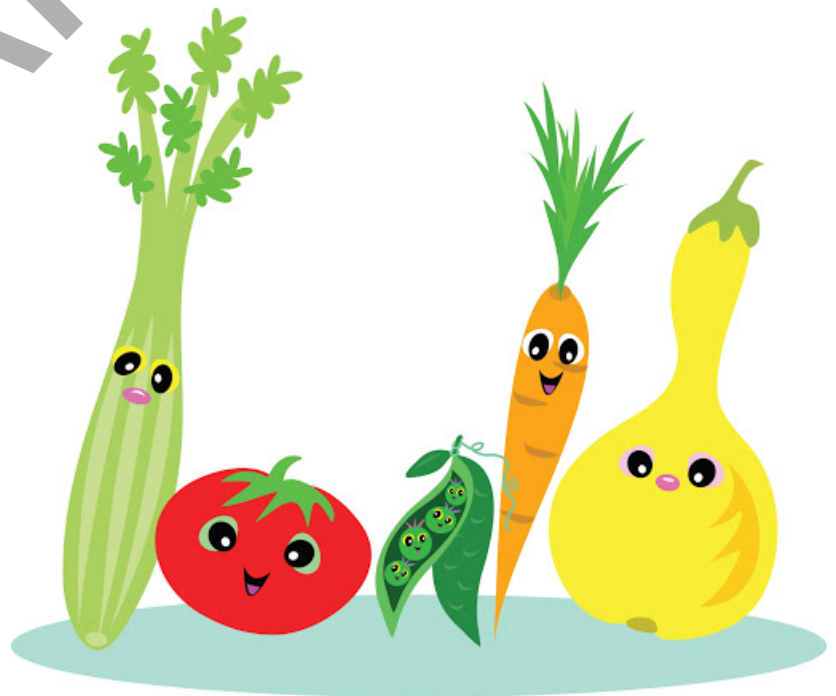
Fruit	Apple, grapefruit, blueberries, watermelon, cantaloupe, plum, banana, kiwi, grapes, papaya, orange, strawberries
Vegetables	Broccoli, spinach, potato, corn, carrots, bell pepper, bok choy, romaine lettuce, tomato, sweet potato, avocado, mushroom, celery
Grains	Whole-wheat bread, pasta, tortilla, popcorn, brown rice
Protein	Lean meat, chicken, lamb, pork, turkey, eggs, seafood, nuts and seeds
Dairy	Milk, cheese, yogurt

SAMPLE

CHECKLIST

- Gather materials
- Research information about each organ
- Organs colored and cut
- Write information about each organ for each flap
- Complete Human Body Flap
- Record your video
- Edit your video
- Complete writing assignment
- Create meal plan

SAMPLE



RESEARCH

How do students research information?

- Utilize textbooks: guide your students to the chapter or section in the book about health, nutrition, and anatomy.
- Go to the library: Find books about health, nutrition, and anatomy at the library.
- Computer: Have your students research information on kid-friendly websites that are credible. This could be done through computers, iPads, or laptops.

Here are some websites that may be helpful:

Texas Heart

<http://www.texasheart.org/ProjectHeart/Educators/Grade1/Curriculum.cfm>

USDA Website

<https://www.fns.usda.gov/tn/team-nutrition>

Kids Health

<https://kidshealth.org>

Anatomy and Nutrition Project Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

SAMPLE