

Classroom Energy Diet Challenge ENERflections

For SOME challenges you will be asked to complete an ENERflection (we will let you know which ones). The purpose of your ENERflection is to share what you learned through completing the challenge- the energy diet challenge is all about the PROCESS of the challenges rather than the PRODUCT.

There are different ways of showing what you learned and you have the flexibility to choose which format is best for your learning style. Here are just some of the ways you can show what you learned:

- Journal entry (written)
- Video
- Sketchnote drawing
- Audio- start your own podcast!
- Comic strip
- Newspaper article

If you have another idea that is not above, great! You are welcome to use it, as long as it allows you to show what you have learned. You can choose a different format for each ENERflection OR use the same one, such as the podcast and each ENERflection is an episode.

When you are signed up to write the class blog about the challenge, you do not need to complete the ENERflection :) For example, if we ask the class to do an ENERflection for Challenge #2 and you're signed up to write the blog post for Challenge #2 then you do not complete the ENERflection.

Sometimes class time will be given to START an ENERflection, but it will need to be finished for homework. Other times the ENERflection will be entirely for homework.

How long should your ENERflections be? It depends on the format you choose for it, but whatever you choose your goal is to show a thorough and thoughtful response. You need to demonstrate that you have thought about the challenge, what you have learned, and how it has impacted your present or future decisions around energy usage.

You are only required to complete an ENERflection for some challenges- the focus is on QUALITY, not QUANTITY. Make sure you take your time to think about the challenge questions and really show what you learned. Look at the rubric below to see how it is going to be marked- if your ENERflection shows the bare minimum for quality and effort then you will be asked to redo the task at recess.

If you're in Mr. Cinanni's class, your ENERflections are completed in French.

ENERflection Rubric

Name: _____

ENERflection Format: _____

Criterion	Level 4 80-100%	Level 3 70%	Level 2 60%	Level 1 50%
Reflective Thinking /20	I have provided an in-depth reflection with a high degree of thought and detail.	I have provided a reflection with a considerable amount of degree of thought and detail.	I have provided a good start to my reflection with some degree of thought and detail. More effort and care was needed.	I have provided the bare minimum for the reflection with a limited degree of thought and detail. Much more effort and care was needed.
Making Connections /10	My reflection includes multiple connections between what I learned in the challenge and content from other classes, past learning, life experiences and/or future goals.	My reflection includes 1 connection between the challenge and content from other classes, past learning experiences, and/or future goals.	My reflection tries to articulate 1 connection between the challenge and content from other classes, past learning experiences, or personal goals, but the connection is vague and/or unclear.	My reflection does not articulate any connection to other learning or life experiences.
Structure /10	My reflection is clear, concise, and well organized. Thoughts are expressed in a coherent and logical manner. There are no more than two spelling or grammatical errors, if applicable.	My reflection is mostly clear, concise, and well organized. Thoughts are expressed in a coherent and logical manner. There are no more than four spelling or grammatical errors, if applicable.	My reflection is somewhat clear, concise, and well organized. Thoughts are expressed in a somewhat coherent and logical manner. There are no more than six spelling or grammatical errors, if applicable.	My reflection is not clear, concise, and well organized. Thoughts are expressed without clarity. There are many spelling or grammatical errors, if applicable, that take away from the content of your reflection.
Habit #1- Be Proactive /10	I have used any class time well to start my ENERflection. I chose a seat where distractions are limited and I always remained focused on the task at hand. My work was handed in on time.	I have used most of my class time well to start my ENERflection. I usually chose a seat where distractions are limited and I usually remained focused on the task at hand. My work was handed in on time.	I have used some of my class time well to start my ENERflection. I sometimes chose a seat where distractions are limited and I sometimes remained focused on the task at hand. My work was handed in late. Some teacher prompts were needed to stay on-task.	I rarely used any class time well to start my ENERflection. I needed to choose a different seat where distractions are limited to help me focus. My work was handed in late. Many teacher prompts were needed to stay on-task.
			Total:	/40

Challenge #	ENERflection Required	Prompts
#1: One Hour, No Power	N	N/A
#2: Do You Really Need It? (One Device, One Day)	Y- Due Thursday, February 28th	<ol style="list-style-type: none"> 1. Which device did you decide to give up for one day? How did you decide on which device to give up? 2. How reliant on the device that you chose were you before completing the challenge? Did you use it all the time, often or rarely? 3. How hard or easy did you expect the challenge to be? How hard or easy was it to give up the device for a day and why? 4. Did you involve your family or other people in the challenge too? Why or why not? 5. What connections can you make to this challenge? (Other classes, content you've learned, movies, books, personal experiences). 6. What did you learn by completing the challenge? 7. Are you willing to challenge yourself again by giving up this device/ or any other device for a day ? For a week ?
#3: Phantom Power	N	N/A