Activity #1: Take a moment and solve these math problems:

6 + 4 =	
1 + 9 =	
5 + 5 =	
2 x 5 =	
$\lim\limits_{x \to 0} \dfrac{e^x - 1}{x} \times \left(\sum\limits_{k=0}^{\infty} \left(\dfrac{7}{8} \right)^k - (\cos^2 x + \sin^2 x) \right) + -3e^{\pi i}$ =	
2.2 + 4.1 + 3.3 + 0.4 =	

Activity #2: What might you be spending time on in these different areas that may be giving you GIGO results? Fill in the image:

Reading

_____

Watching

_____

Listening to

_____

Spending Time on

_____

INPUT / OUPUT MACHINE
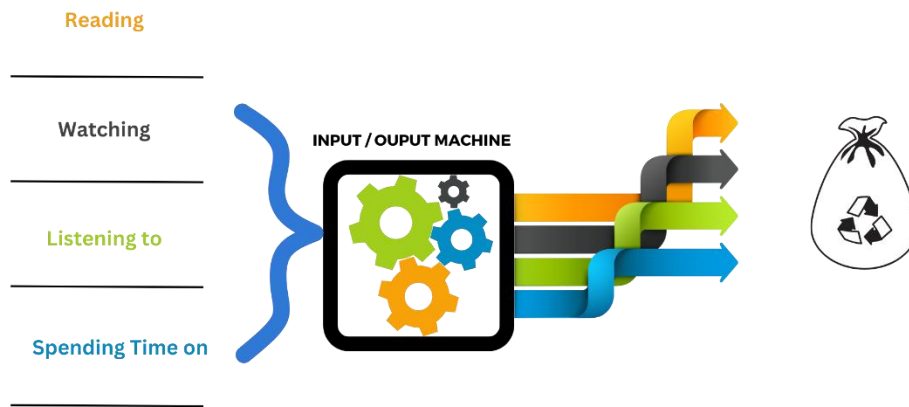
Activity #3: What ways are you, or could you, be spending time on in these different areas that may give you QIQO results? Fill in the image below:

Reading

_____

Watching

_____

Listening to

_____

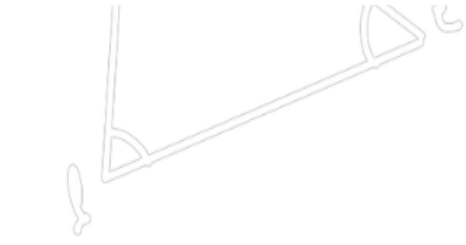Spending Time on

_____

INPUT / OUPUT MACHINE
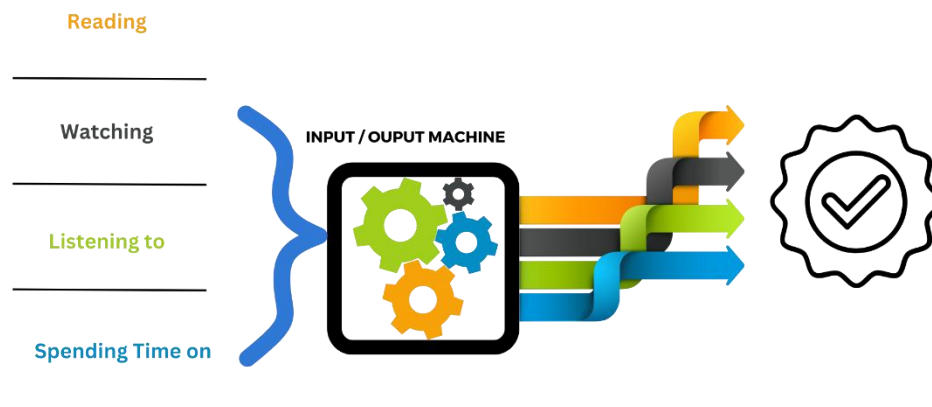
Activity 4: Imagine yourself at the gym. Write down what you see in your minds eye in the first column, what you experience. What might you be thinking? What interesting things are there you might see? What are you feeling, hearing, saying or doing? Next, imagine yourself going for a run outside. Write down what you see in your mind's eye in the second column, what you experience. What might you be thinking? What interesting things are there you might see? What are you feeling, hearing, saying, or doing?
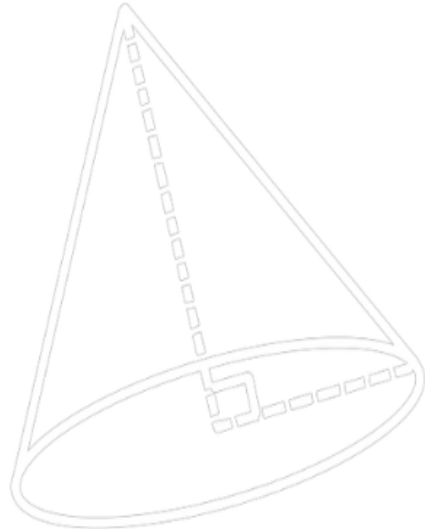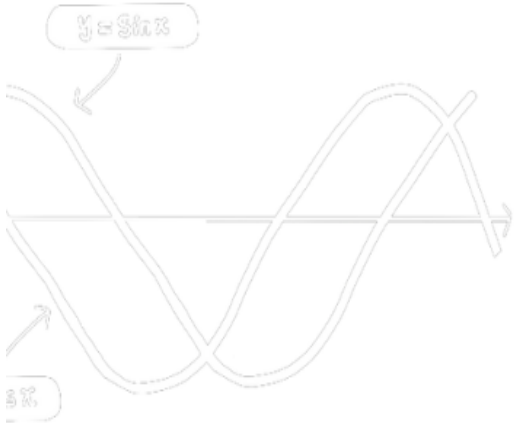
Pokeiken
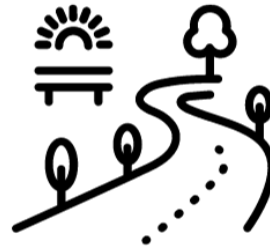
Reflection:

Is there a place where you feel "stuck" because the path seems too challenging or too far out of reach? Maybe it just seems impossible. Is there a different "way to get to 10" you haven't considered?
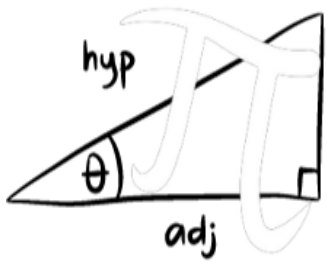
$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

$$\log x = \frac{1}{x \log a}$$

$$= a^2 + b^2$$

$$V = \frac{1}{3}\pi r^2 h$$

$$D = b^2 - 4ac$$

$$\sin 2\alpha = 2\sin\alpha\cos\alpha$$

$$3.141592653589...$$

$$i = \sqrt{-1}$$

$$y = mx$$

$$Ax + By + C = 0$$

hyp

opp

θ

adj

$$\sin(\theta) = \frac{opp}{hyp}$$
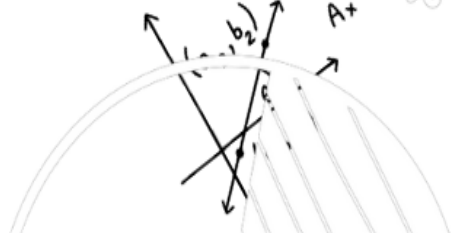
Reflection:

Here are a few "pockets" for you to fill with your own ideas for potential Pokeiken experiences! It may be as small as taking a walk at lunch time, as large as a trip to another country or a museum, or as weird as putting your feet in a toilet bowl. The choices are yours!