

Objective

By the end of this lesson, the student will understand the basic science behind hammocks, including concepts like balance, gravity, and relaxation. They will also learn how to safely use a hammock and appreciate its benefits for both fun and rest.

Materials and Prep

- A hammock (if available, or a blanket to simulate one)
- A safe outdoor or indoor space to set up the hammock
- A notebook and pencil for drawing or writing observations

Before starting the lesson, ensure the hammock is securely set up and that the area is free of obstacles. Discuss safety rules about using a hammock, such as not jumping in and ensuring it's not too high off the ground.

Activities

1. Hammock Setup Challenge

Have the student help set up the hammock or blanket. Discuss how to make sure it's balanced and secure. Ask them to think about what would happen if one side was higher than the other.

2. Balance Beam Fun

Using the hammock or blanket, have the student practice getting in and out while maintaining balance. They can pretend they're on a balance beam and try to stay steady as they get in.

3. Gravity Experiment

While in the hammock, have the student lie back and observe how their body feels. Discuss how gravity pulls them down and how the hammock supports them. Ask them to draw a picture of themselves in the hammock and write a few words about how it feels.

4. Relaxation Time

Encourage the student to take a few minutes to relax in the hammock. They can close their eyes and listen to the sounds around them. Afterward, ask them how it made them feel and what they noticed.

Talking Points

- "What do you think would happen if we didn't have a hammock? How would we relax?"
- "Can you feel how the hammock holds you up? That's because of gravity!"
- "Why do you think it's important to be balanced when you're in a hammock?"
- "What sounds do you hear while you're relaxing? How do they make you feel?"
- "How does lying in a hammock feel different from sitting on the ground?"
- "What do you think makes a good hammock? Is it soft, strong, or both?"
- "How can we use hammocks to help us relax after playing or working hard?"