



# Patterns

## Twelve-Step Action Plan to Recognizing Patterns

Observable responses (patterns) are the building blocks of human development.

We develop these habits when we repeat a sequence until it occurs without much forethought.

The purpose of a pattern is to free the mind from tedious detail. It promotes efficiency.

Unfortunately our primitive drives have been around longer than, logic, and the change of ingrained habits/patterns is difficult.

The wish to change is born from flickering



## Quotation

An analysis of our patterns reveals our true nature. ~  
Anabel Jensen

desire. The kindling must be stoked with the logs of goal setting, optimism, and continued commitment.

Often this must be accompanied by short-term, temporary discomfort/sacrifice in the service of long-term gains.



## Factoid

How has the pattern of blue for boys and pink for girls withstood the centuries? In ancient times the survival of boys was considered more important than that of girls in many (but not all) cultures. The ancients believed that children had to be protected from evil spirits who might prey upon them. It was decided that blue (the color of the sky above) could ward off the forces of evil and so boys were dressed in blue and girls in pink.

## Books and Movies: Older

1. [Ghost Girl](#) by Torey Hayden – a young girl trapped in a self-imposed silence uses her courage to break through unspeakable memories.

2. [Ground Hog Day](#) – when nothing ever changes, it's time for new patterns.

3. [Do One Thing Different](#) by Bill O'Hanlon – making or breaking your patterns can lead to useful solutions and enriched relationship.

# Pattern Activities

1. Stimulate neurological activity by using the opposite hand to brush your teeth.
2. Use strips of colored post-its (page markers to create pattern chains; each family member or student builds their own. Change each week to create a different chain.
3. Create new words for old nursery rhymes; change the negative to positive (e.g., Jack fell down and broke his crown and Jill came tumbling after – to The sky was dark, the moon was bright and their objective did not matter).
4. Others often see our patterns more clearly than we do. Provide each person with a sheet of paper with a gingerbread cookie shape on it. Distribute magazines, scissors, glue, and tape. Put the participants' names in a hat; each person draws out a name. Fill in the body shape with pictures and words representative of that person. Post. Guess which one is who. Does the real person agree? Why or why not?
5. Give each participant one 4"x 4" piece of paper. Fold into sixths. By tearing out pieces, create a snowflake. Compare flakes. Why are they different? Would we want them all to be the same? Celebrate the diversity within the patterns.

## Books and Movies - Younger

- *And the Dish Ran Away with the SPOON* by Stevens and Crummel – fairy tale friends join forces to find the missing utensils and restore the rhyme to order.
- *Hide and Snake* by Keither Baker – serves up a feast of patterns to encourage observation skills.
- *March of the Penguins* – the instinctive mating rituals of one species will amaze, delight, and enlighten our own.



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## Website of the Month:

I have always been fascinated by the functionality of the Fibonacci numbers.

This particular site – [World Mysteries, Science Mysteries, Fibonacci Numbers](#) – provides some intriguing data, some engaging activities, and some compelling illustrations.

Check it out and spend a fun-filled hour.



## Role Models

**Joan Miro** – Spanish painter, created abstract, surrealistic art characterized by bright colors and bold forms..

**Willie Mays** – baseball's "Say Hey Kid" hit 660 home runs between 1951 and 1972.

**Grace Hopper** – American mathematician developed programming languages and invented the first compiler.



## Six Seconds Product to Support Recognizing Patterns

This product from Six Seconds gives us data regarding eight critically important competencies about how we see and employ our emotional intelligence. One of them is specifically about whether or not we recognize our own strengths and challenges.

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