



UNIT 5: SPARK OTHER LIGHTHOUSES

Extension Activities • Chapters 17-19

Name: _____

Date: _____

Directions: Complete the activity your teacher assigns or complete both. Use the story and your own thinking. Share only what feels safe to share.

ACTIVITY 5A • DECISION FILTER SORT

Dr. Martinez gives the team three questions before saying yes. Use the same filter to test each opportunity.

1. Serve the purpose?

2. Make us stronger?

3. Can we do it without breaking?

1. Test each opportunity. Mark Y, N, or ? for each question.

a. If it is not yes to all three, the team should say no for now or change the plan.

Opportunity card	Serve purpose? Y / N / ?	Make stronger? Y / N / ?	Without breaking? Y / N / ?	Decision Yes / No / Change
A nearby middle school asks for help starting small.				
A TV station wants an interview tomorrow during planning time.				
A school two hours away wants weekly visits.				
The district office asks for a short student leadership meeting.				
A club wants to copy the name but skip student feedback.				
A class asks for help starting a small listening table.				

2. Choose one opportunity that was hardest to decide. Explain your thinking.

Opportunity I chose	Explain
Opportunity I chose	
Why it sounded good	
Which question caused concern?	
Final decision and reason	

3. Compare with another group. Did they decide differently? What did you learn from their reasoning?

Another group decided...	Their reason	What this helped me notice

Think about it: Which opportunity was hardest to say no to? Where could you use these three questions in real life?

ACTIVITY 5B • CAPACITY PLANNING

Amil says, "Interest creates load. Load creates risk." A capacity check helps a person or team see what they can realistically handle.

1. List what usually takes your time or energy in a week.

- a. **Estimate the time, or mark the energy level: low, medium, or high.**
- b. **Required** = must do this. **Flexible** = may be able to move it, shorten it, or ask for help. **Optional** = can choose whether to do it.

Part of my week	Time or energy it takes	Required / Flexible / Optional	What this tells me
School + homework			
Activities / clubs / sports			
Chores / family responsibilities			
Friends / screen time / fun			
Sleep / rest			
Something else			

2. Look for your capacity. Capacity means what a person or team can handle without burning out.

Where I have capacity	Where I may be at the limit	One support I might need

3. Make one careful choice.

One thing I could add or say yes to	One thing I need to protect	One thing I can stop or do less of

Think about it: What surprised you about your time or energy? Is rest a waste of time, or part of your capacity?



✓ Before I turn this in - check yourself:

- ☐ I used the decision filter before saying yes.
- ☐ I explained one decision with a reason.
- ☐ I looked honestly at time, energy, and support.
- ☐ I named one thing to add or protect or remove.