

## First Day Tea Demo

Light candles

Boil water

Set out cookies on the table

When the students come in... here are the rules.

If they:

1. Sit quietly they get a cup
2. Cross their legs, they get a napkin
3. Raise their hand to answer the question on the board, they get their cup filled tea (Do you control your brain or does your brain control you?)
4. Continue to sit quietly, they get a cookie

Reflection Questions—write and then we'll discuss

1. How was this experience for you? What sorts of feelings did it elicit?
2. What does this have to do with your brain?
3. What do you think the experimenter's goal(s) was/were?
4. What were the rules?