

Ice Cream Makes Everything Better: Strategies & Solutions for When Motivation Melts

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2024



Image: Valerie B.

[**https://chericem.weebly.com/ice-cream.html**](https://chericem.weebly.com/ice-cream.html)

Ice Cream Freeze



Gotta do like I do

Video: Disney Channel Türkiye

Utah



Image: Rvvpurnama

Cherice Montgomery Brigham Young University



Tennessee



Image: Martina

Bethany Daniel Vanderbilt University



Can Dos

I can create learning experiences that are more...

- 1) ...**MEANINGFUL** with *authenticity* and *interdisciplinarity*.
- 2) ...**MOTIVATING** with *interactivity*.
- 3) ...**MEMORABLE** with *multiplicity* and *multisensory* methods and materials.

Image: La Albuquerque

Teaching post-COVID is difficult!



Image: Alena Darmel

Motivation is still melting!

Image: Amanda Kloska

YOU CAN'T
BUY HAPPINESS

BUT

you can

BUY



Ice Cream

Image: Rats-apotheke

Does ice
cream
really
help?!



CCA Image: Brendan Church

**Some
people
think so!**



Image: Alex Perez

But how?!

How does the brain respond to ice cream?



Image: Adriel Macedo

- **Fat molecules** → brain
- Brain ❤️ the sugar and fat
- The frontal cortex experiences pleasure
- Absorption of fats and proteins increase **serotonin** levels
- We feel **happiness, satisfaction, and tranquility**
- **Mood** improves
- Brain resists appetite suppression signals from insulin and leptin, so we eat too much

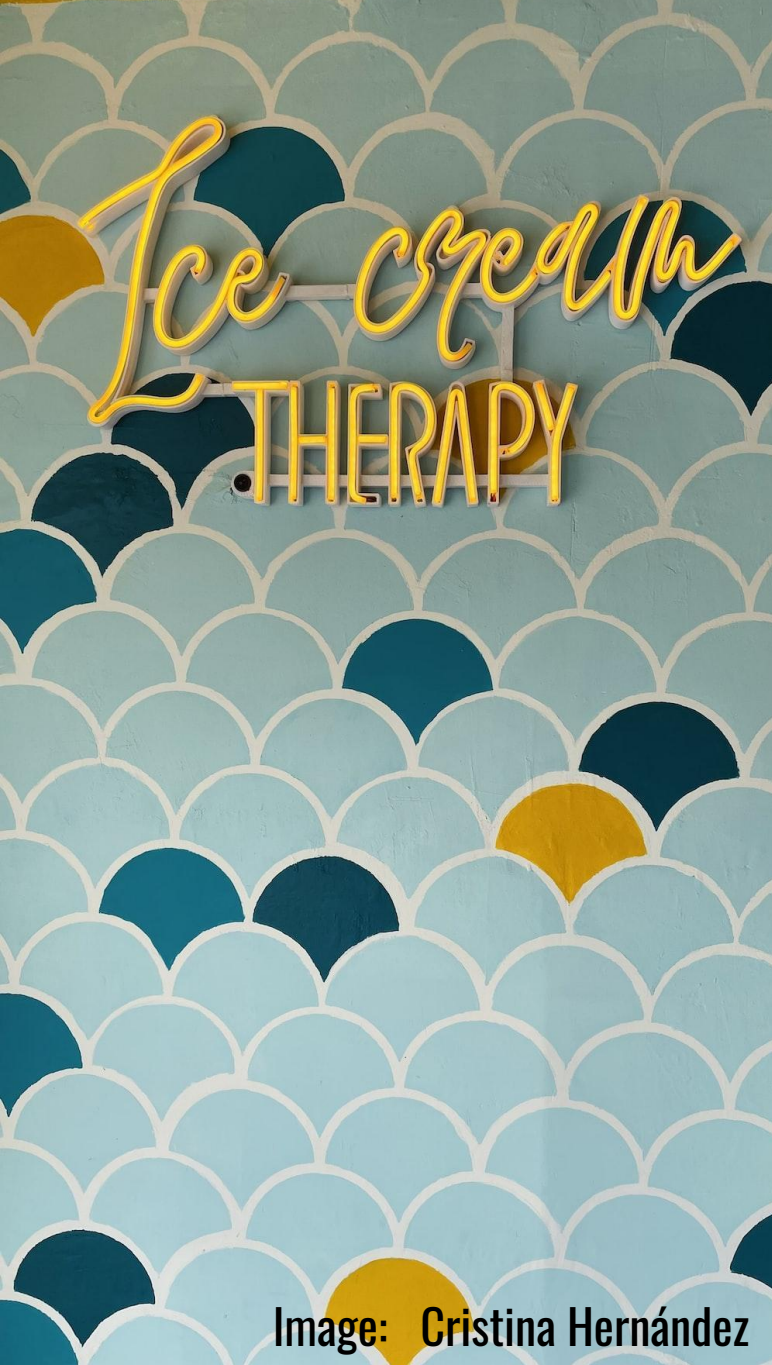


Image: Cristina Hernández

Responses to Stress

- Fight (defiance)
- Flight (disconnection, absenteeism)
- Freeze (withdrawal, apathy)
- Fawn (people pleasing)

How does the brain learn?

Survival

Emotions

Novelty



Image: DS Stories

Dopamine



Image: Patrick Pahlke

Dopamine sustains:

Attention

Persistence

Learning



Image: DS Stories

How can we create lessons that generate more dopamine?



CCA Image: Ethan Hein

Start with the 5 Cs

Cultures



Comparisons



Communication



Connections



Communities

Image: Courtney Cook

How can we integrate the 5 Cs to spark dopamine?

Multiplicity



Authenticity



Interdisciplinarity



Interactivity



Multisensorality



Image: Courtney Cook

How many types
of frozen desserts
can you think of
in 30 seconds?



Image: Wanderson91

Busquen un compañero



CCA SA Imagen: Mliu92

Piensen: ¿Cuál es su golosina congelada preferida?



una paleta
de hielo



una paleta
de helado



una paleta
de chocolate



un helado
de baquetas



un
batido



una bebida
batida



un «root
beer float»



un cucurucho
de helado de



un cucurucho
de helado



una taza
de helado



un gofre
de helado



un sundae
de helado



un banana
split



un sándwich
de helado

vainilla Imágenes: AdelinaZw, CCA Imagen Babe_kl, Brokenarts, Ciker-Free-Vector-Images, PD Imagen Renee Comet, Courtney Cook, Ctechs, Daino_16, DS Stories, Gyomedia, Leonardo Luz, Matsi1612, Mirsa, Paullstoan

Mi golosina congelada preferida es —



una paleta
de hielo



una paleta
de helado



una paleta
de chocolate



un helado
de baquetas



un
batido



una bebida
batida



un «root beer
float»



un cucurucho
de helado de



un cucurucho
de helado



una taza
de helado



un gofre
de helado



un sundae
de helado



un banana
split



un sándwich
de helado

vainilla Imágenes: AdelinaZw, CCA Imagen Babe_kl, Brokenarts, Ciker-Free-Vector-Images, PD Imagen Renee Comet, Courtney Cook, Ctechs, Daino_16, DS Stories, Gyomedia, Leonardo Luz, Matsi1612, Mirsa, Paullstoan

Ir a sorveteria



Imagem: Andy Chang

Quantas bolas você quer?

Eu gostaria _ bola/s.



Imagem: MasterTux

Quais sabores você gostaria?

Eu gostaria _____ e _____.



cereja



açaí



morango



laranja



pistache

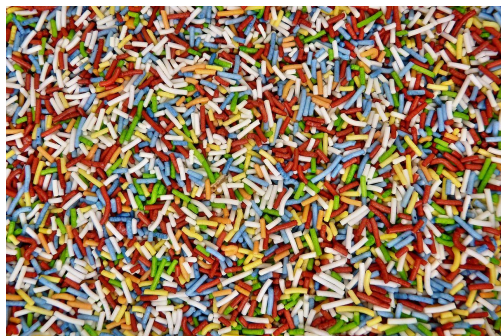


baunilha

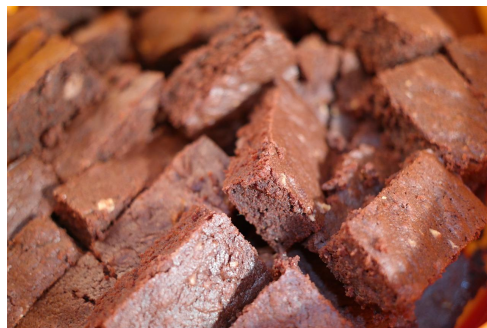
Imagem: Kerdkanno

Quais coberturas você deseja?

Para minha primeira cobertura, gostaria de...



uns brigadeiros



**uns brownies
esfarelados**



uma fruta



uns flocos de coco



umas nozes



**uns ursinhos
de goma**

Imagens: AndreasAux, Eismannhaus, ExplorerBob, Steven Giacomelli, CCO Image Janet Guynn, Hans, Mammela, Public Domain Pictures

Para hacer un sundae de helado, necesita:

Te doy # _____ por # _____.



1 cucurucho



2 bolas de helado



3 nueces



1 cereza (o una fresa)



1 jarabe de chocolate



3 chispas para helado



Imágenes: Cherice Montgomery

Ice Cream Personality Test

Activity idea from *Test de los helados* by Luciano De Naxio



Images: Grumpy Beere

Ice Cream Personality Test

Activity idea from *Test de los helados* by Luciano De Naxio



organisé et
méticuleux



créatif
et original



calme et
raisonnable



impétueux
et décisif



analytique
et sociable



enthousiaste
et amusant

Images: Grumpy Beere

Conexiones creativas



Un adjetivo que describa...

- 1) Mi apariencia física: _____
- 2) Mi personalidad: _____
- 3) Cómo me ven los otros: _____
- 4) Cómo se siente al estar conmigo: _____
- 5) Cómo soy en realidad: _____

Imagen: Grimnona



Imagen: Nadine Sh

Conexiones creativas:

Soy como helado de

porque soy

Ejemplo:

Soy como el helado de galletas y crema porque soy clásico con un poco de crujido.



Imagen: Marcia Salido

Ice Cream Stories

PEEP Stick the spoon into the mixture, then "fill" the ice creaming with the back of your hand to create the head, using the back of the hand.

We also understand the difference between a good ice cream and a smooth dairy.

What the cream cheese and salt in a recipe do is to create a stable base for the ice cream.

COOK Cook the creaming milk, the cream, sugar, salt and eggs and let it cook in a double boiler until it reaches a soft curd. Remove from the heat and pour the mixture through a sieve into a bowl, leaving the curd "curd" behind. Return the mixture to the saucepan and gradually add it to the creaming milk. Bring back to a boil and maintain a soft curd, stirring with a wooden spoon and lightly whisking about once. Remove from the heat.

CHILL Gradually add the creaming mixture into the creaming until smooth. Stop the mixture when you get to the point where it begins to curd. Begin to whisk with a wooden spoon and add about 10 minutes.

FREEST Dip the ice cream into the creaming and get into the creaming.

Put the ice cream into a storage container and refrigerate with the lid. Let the mixture sit for 24 hours and let it sit for 24 hours. This is a test of your ice cream. It should be smooth and not melt. If it melts, it is not a good ice cream. If it melts, it is not a good ice cream. If it melts, it is not a good ice cream.



SWEET COOK & ICE CREAM RECIPE BOOK

Image: Breville USA

Ice Cream is a Journey

Helados que esconden historias

“El helado en sí es un viaje.

A América Latina, a un huerto, al mar Mediterráneo, a unas bodegas riojanas...






... A **Argentina**, a sus dulces de leche, a la venta ambulante de helados allá por Salta.

Helados anclados en el tiempo”

~ Jesús Trelis

Imagen: 12019

Story Squares

- 1)  Think of **three meaningful memories** about ice cream.
- 2)  Draw **a simple picture** of each memory.
- 3)  Look for **a partner**.
- 4)  **Choose** one of your partner's **pictures**.
- 5)  **Listen** to your partner's memory.

Images: Tara Winstead & Microsoft Icons



Story Squares

Memory

1



Memory

2



Memory

3



Images: Tara Winstead & Microsoft Icons

Memorable?

Meaningful?



Image: Warren Umoh

Multiplicity

You don't usually lick an ice cream cone just once!



Image: StockSnap

Multiple Passes

Multiple Texts

Multiple Purposes

Multisensory
Methods &
Materials



Image: ThomasWolter

Comparaciones



Image: Uvlik05

Me pregunto...

El Salvador:
Charamuscas

Perú: Chups,
marcianos, chalacas, o
bodoques

Argentina: Naranjús

Guatemala: Cuquitos

Venezuela:
Bambino
o chupichupi

Chile: Cubos

México: Cubitos,
hielitos, raspados, o
sabalitos

Nicaragua: Charamuscas,
topogigios, helados, caritas,
posicles, bolsitas, chupetes,
chiriviscos

Colombia: Bolis
o vikingos

Panamá: Bolis
o duros

Ecuador: Bolos

Hielitos

CCA Imagen: Jdvillalobos



I see...

Image: Ellie Burgin



I think that...

Images: Milad Fakurian & Dana DeVolk

I wonder if...




Image: Tobias Baur



But maybe...

Images: Franco Antonio Giovanella & Mae Mu

A person is pouring a thick, yellowish mixture from a blue bowl into a large copper pot. The pot is sitting on a bed of ice in a larger metal container. Another person is stirring the mixture in the pot with a wooden spoon. The scene is set outdoors, possibly at a market or a food stall.

Yo veo...
Yo pienso que...
Me pregunto si...

Helado de paila

Imagen: S_Nehemiah

Ecuador

红豆 (Red Bean Ice Cream)

我懂了...
(Wǒ dǒngle)

我觉得.....
(Wǒ juéde)

我怀疑是否...
(Wǒ huáiyí shìfǒu)



CCA NC SA 图像: Michiel

彩色雪花冰

The Colors of Snow Ice

Visit this link to see
the cover of the book:

<https://www.amazon.com/Colors-Snow-Ice-Bilingual-English/dp/195883310X>

© 影像: Lacey Benard & Lulu Cheng

China

Ich sehe...

Spaghetti-eis



Bild: 127071

Ich denke...



Spaghettieis

Bild: Hans

Ich frage mich...



Spaghetti-eis

Bild: SauLustig

**Aber
vielleicht...**

Visit this link to see a diagram of
the components of spaghetti-eis:

[https://kitchengirls.de/rezepte/die-besten-eisb
eher-rezepte#seite4](https://kitchengirls.de/rezepte/die-besten-eisb
eher-rezepte#seite4)

**But
maybe...**

© Bild: Kitchen Girls

Partner A

Visit this link to see a short **recipe** for spaghetti-eis:
<https://www.oetker.de/rezepte/r/spaghetti-ei>

© Bilder: Dr. Oetker

Partner B

Visit this link to see a short text about
the origins of spaghetti-eis:

<https://www.oetker.de/rezepte/r/spaghetti-ei>

© Bilder: Fontanella

Germany



画像: Taryn Elliott

なるほど...
(Naruhodo)

そう思います...
(Sō omoimasu)

かしら...
(Kashira)

Visit this link to see a text in French about taiyaki
(a Japanese ice cream in the form of a fish):

<https://zenpop.jp/blog/post/4985/la-glace-japonaise-en-forme-de-poisson>

© Image: ZenPop

Japan

Akutaq



Tangrraqa...

Aipaagni...

Paqnakaqa...

CCA Image: Pinguino K

Alaska

Lobster Ice Cream

I see...
I think that...
I wonder if...

Lobster
Butter base, REAL Lobster
Chunks, Butter

 Yes! there is **REAL**
Lobster pieces in the ice cream



CCA NC ND Image: Kernsandcairns

U.S.

अच्छा ऐसा है...
(achchha aisa hai)

मुझे लगता है कि...
(mujhe lagata hai ki)

मुझे आश्चर्य है यदि...
(mujhe aashchary hai yadi)

कुल्फी (Kulfi)



छवि: kuldeepnegibombay

India



فالوده (Faloodeh)

می بینم

من فکر می کنم که

تعجب می کنم که آیا

CCA SA تصویر: RKA11111

Iran



CCA SA 영상: Marie

팻빙수 (Pat Bingsu)

알겠어요...

내 생각에는...

나는 궁금...

Korea

Helado Frito (Fried Ice Cream)

Yo veo...

Yo pienso
que...

Me
pregunto
si...



Imagen: Irwan Fauzi

Mexico



ฉันทเห็น

(Chạn hến)

I-Tim-Pad

ภาพ: Julia Filirovska

ฉันคิดว่า

(Chạn khid wā)

I-Tim-Pad

ภาพ: Amanda Moore

ขนมสงสย
ว่า

I-Tim-Pad (Chan sngsay wá)



ภาพ: Lloyd Mitchel Guanzon

Thailand

Intercultural Communicative Competence



- Observe & Reflect
- Interact
- Compare & Contrast
- Critically Interpret
- Bridge

Image: Sebastian Coman Photography

Cross-cultural Comparisons

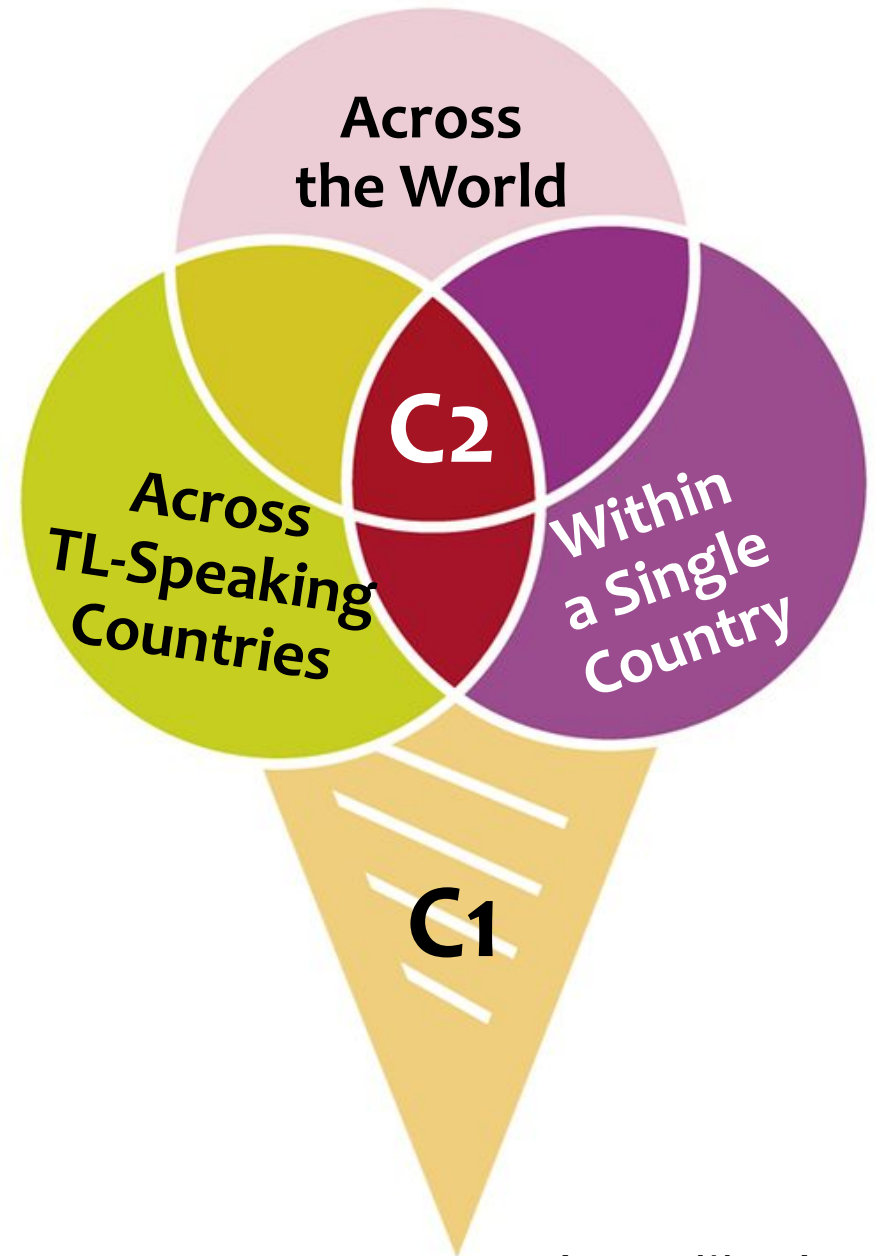


Image: Witt_digital

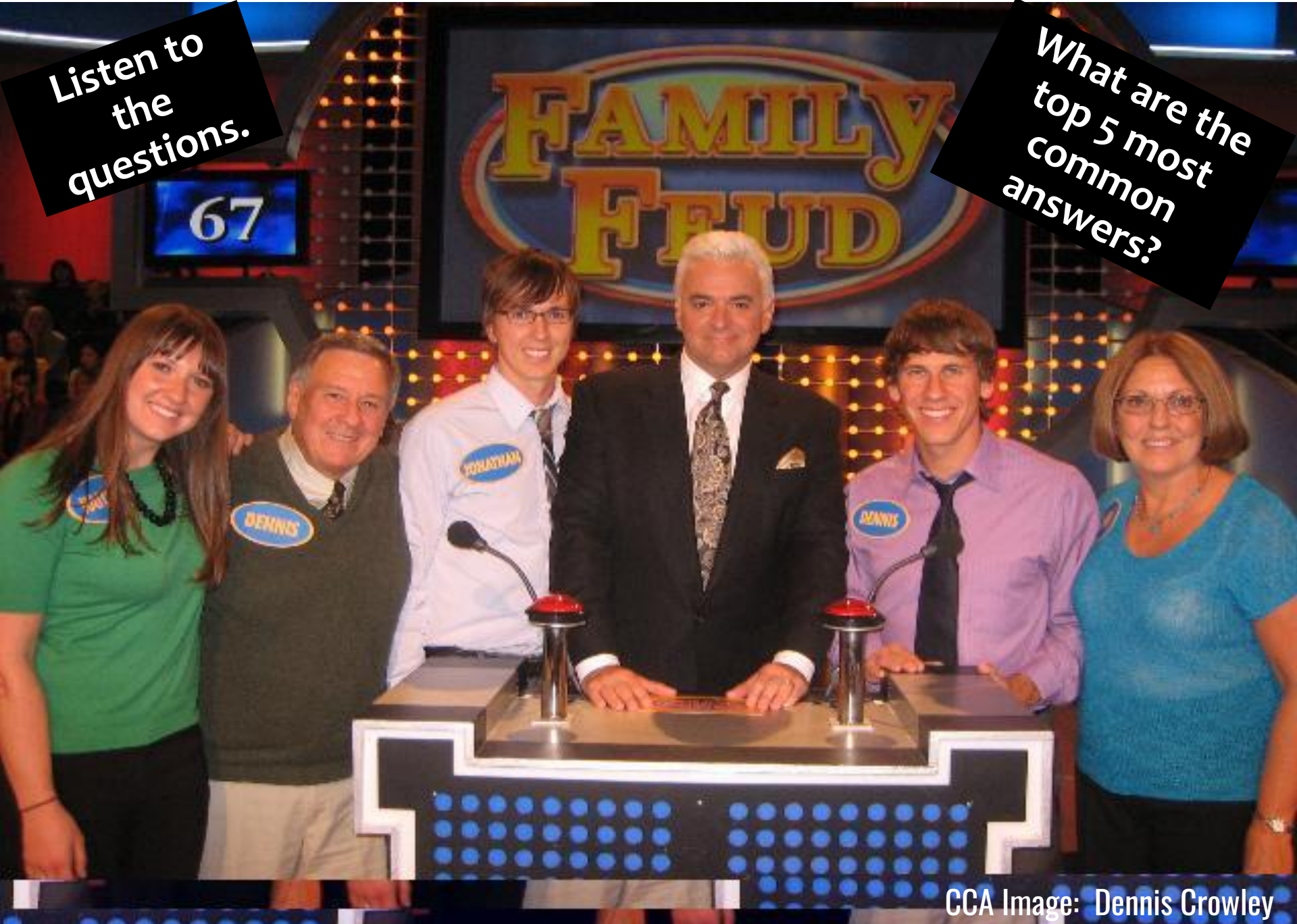
Authenticity



Image: Vilandra

Listen to the questions.

What are the top 5 most common answers?



CCA Image: Dennis Crowley

Which countries eat the
most ice cream?

Image: Perlinator

Click here to see an infographic in Portuguese about the countries that consume the largest amount of ice cream:

<https://www.facebook.com/dcremosinhofortaleza/photos/a.280892105348120/3616949431742354/?type=3>

© Imagem: D'Creminosinho

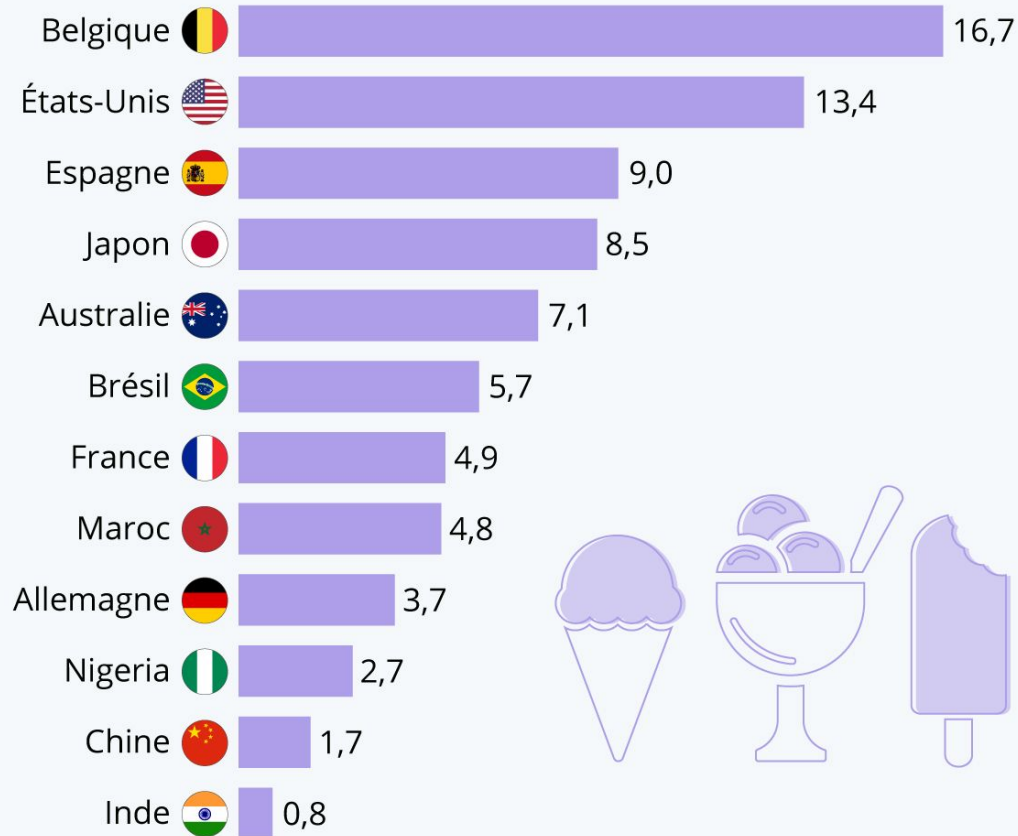
Click here to see an infographic in Spanish about the countries that consume the largest amount of ice cream:

<https://aprende.com/blog/gastronomia/reposteria/sabores-de-helado/>

© Imagen: Aprende Institute

Ice Ice Baby

Consommation moyenne de glace
par habitant en 2021, en kg *



* dans une sélection de pays.

Estimations.

Source : Statista Consumer Market Outlook

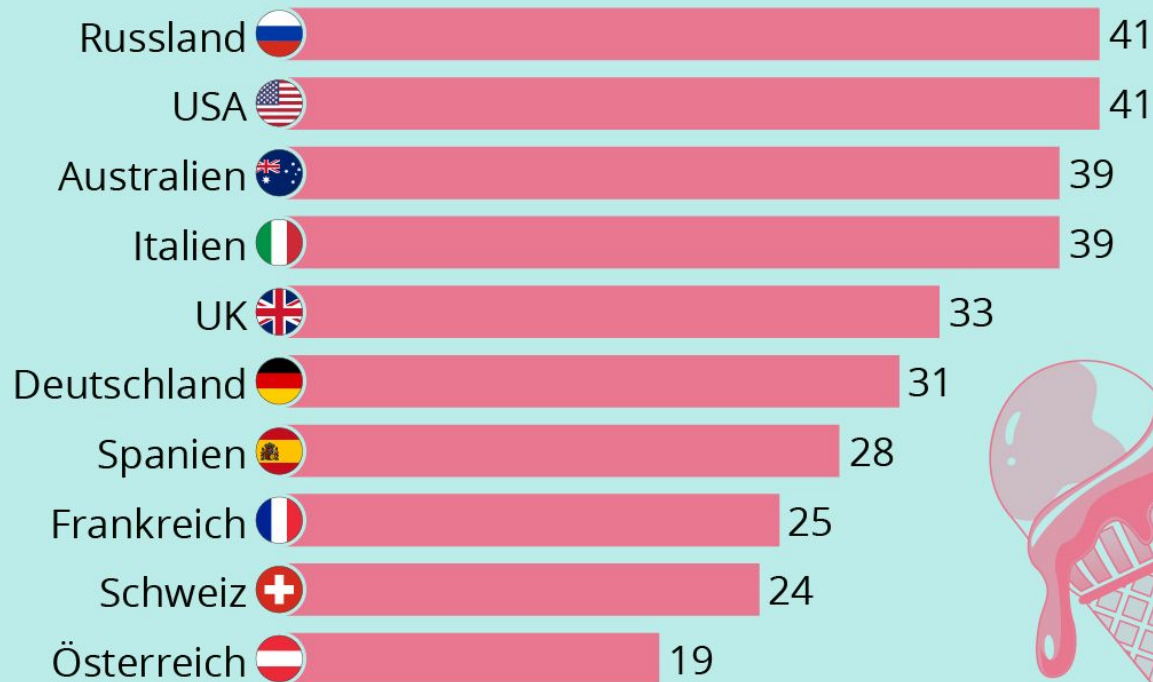


CCA ND Image: Echo Du Mardi **statista**



USA und Russland – Welteismächte auf Augenhöhe

Anteil der Befragten, die regelmäßig
Speiseeis konsumieren (in %)



Basis: 1.000-5.000 Befragte (18-64 Jahre) je Land; Jul 2021 bis Jun 2022

Quelle: Statista Global Consumer Survey



CCA ND Bild: Statista

statista

Click here to see an infographic about ice cream consumption around the world in Japanese,

<https://aprende.com/blog/gastronomia/reposteria/sabores-de-helado/>

© 画像: 一般社団法人 日本アイスクリーム協会

Who eats the most ice
cream in Latin America?

Image: Perlinator

¿Dónde se toma más helado en Latinoamérica?

Países latinoamericanos con el mayor consumo anual estimado de helado per cápita en 2023 (en kg)



Estimaciones de mayo de 2023.

Fuente: Statista Market Insights



CCA ND Imagen: Statista

statista

What are the most
popular flavors
of ice cream
in Latin America?

Image: Perlinator

Click here to see an infographic that shows the most popular ice cream flavor in each Latin American country.

<https://www.estamosenlinea.com.ve/2022/04/11/el-helado-de-brownie-es-el-mas-pedido-en-venezuela/>

© Imágenes: PedidosYa

What are the most popular flavors of ice cream in China?

Image: Perlinator

Click here to see a bar graph of the most popular ice cream flavors in China.

https://zhuanlan-zhihu-com.translate.google/p/553972274?_x_tr_sl=zh-CN&_x_tr_tl=en&_x_tr_hl=en&_x_tr_pto=wapp

© 图像: Zhihu Column

What are the most popular flavors of ice cream in France?

Image: Perlinator

Click here to see a bar graph of the most popular ice cream flavors in France.

https://harris-interactive.fr/opinion_polls/glance-parfaite-selon-francais/

© Image: Harris Interactive

What are the most popular flavors of ice cream in Germany?

Image: Perlinator

Click here to see an infographic of the most popular ice cream flavors in Germany.

<https://www.lebensmittelmagazin.de/ernaehrung-gesundheit/20200408-eis-jahr-2020-knacken-wir-dieses-jahr-den-eis-rekord-vom-supersommer-2018/>

© Bild: BDSI

What are the most popular flavors of ice cream in Austria?

Image: Perlinator

Click here to see an infographic of the most popular ice cream flavors in Austria.

<https://static.orderbird.com/assets/2-orderbird-Eiscreme-Report-2023-Elssorten-AT-Print.jpg>

© Bild: Orderbird

What are the most popular flavors of ice cream in Switzerland?

Image: Perlinator

Click here to see an infographic of the most popular ice cream flavors in Switzerland.

https://static.orderbird.com/assets/540x540_crop_center-center_82_line/3-orderbird-Eiscreme-Report-2023-Eissorten-CH.png

© Bild: Orderbird

In 2023, which German cities have the most expensive ice cream?

Image: Perlinator

Click here to see an infographic of ice cream prices
in different cities in Germany.

<https://de.statista.com/infografik/9806/preise-fuer-eine-kugel-eis-in-ausgewaehlten-staedten/>

CCA ND Bild: Statista

What are the benefits
of ice cream?

Image: Perlinator

Click here to see an infographic in Spanish
about the benefits of ice cream.

<https://www.facebook.com/ElRincondeLaArrachera/photos/a.256587667787235/3689382324507735/?type=3>

© Imagen: El Rincón de la Arrachera

Click here to see an infographic in French
about the benefits of ice cream.

<https://www.facebook.com/GlaceSelja/photos/a.119292571485387/3044588172289131/?type=>

© Image: Selija

Click here to see an infographic in Portuguese about the benefits of ice cream.

https://www.facebook.com/SorvetesSkibom/photos/a.481562082049738/1014237802115494/?paipv=0&eav=AfYkGTjPihoIkb3vZMyqOZnPNrfdLcypnD4_irAwf4yQ5DJtjBEsiMcfogHFqLa6p4c&_rdr

© Imagem: Sorvetes Skibom

What would happen if...?



Image: Funky_Focus

Click here to see the book cover
from the book *Moon Pops* by Heena Baek.

<https://www.amazon.com/Moon-Pops-Heena-Baek/dp/1771474297/>

© Images: Heena Baek

Interdisciplinary Connections to Academic Content



Image: Jakob Owens

Turn & Talk



Image: DS Stories

Click here to see a brief history of ice cream in Spanish:

<https://aprende.com/blog/gastronomia/reposteria/sabores-de-helado>

**Describe what
they are
looking at**

Click here to see an authentic image of Frida Kahlo eating an ice cream cone with Diego Rivera nearby:

[https://intelectuaisvaoapraia.tumblr.com/post/22385947160/diego-rivera-fumando-charuto-frida-tomando](https://intelectuaisvaoapraia.tumblr.com/post/22385947160/diego-rivera-fumando-charuto-frida-tomando-ice-cream)

**Narrate a
conversation
between the
two**

© Image: Intelectuais vão à praia

¿Qué historia cuenta esta foto?

Hypothesize what ice cream has to do with...?



CCA: Photo courtesy Orange County Archives

Prohibition in the U.S.



Image: North Carolina Photographic Archives

The civil rights movement in the U.S.



Image: Austrian National Library

Women's Rights



PD Image Wikipedia

The morale of the armed forces during WWII



CCA Image: Lwao

The space program

Images: Dana DeVolk, Lwao, National Dairy Products Corporation and their affiliated companies, North Carolina Collection Photographic Archives, Photo courtesy Orange County Archives

Multisensory Simulations



CCA Image: Marco Verch

Ice Cream Curiosity



Video: Consumer Reports

la matière



Image: Gugacurado

compose l'Univers

consiste des molécules

a une masse

occupe de l'espace

existe en 3 états

Les états de la matière

Click here to see a diagram of the three states of matter in French:

<https://aprende.com/blog/gastronomia/reposteria/sabores-de-helado>

lentement

rapidement

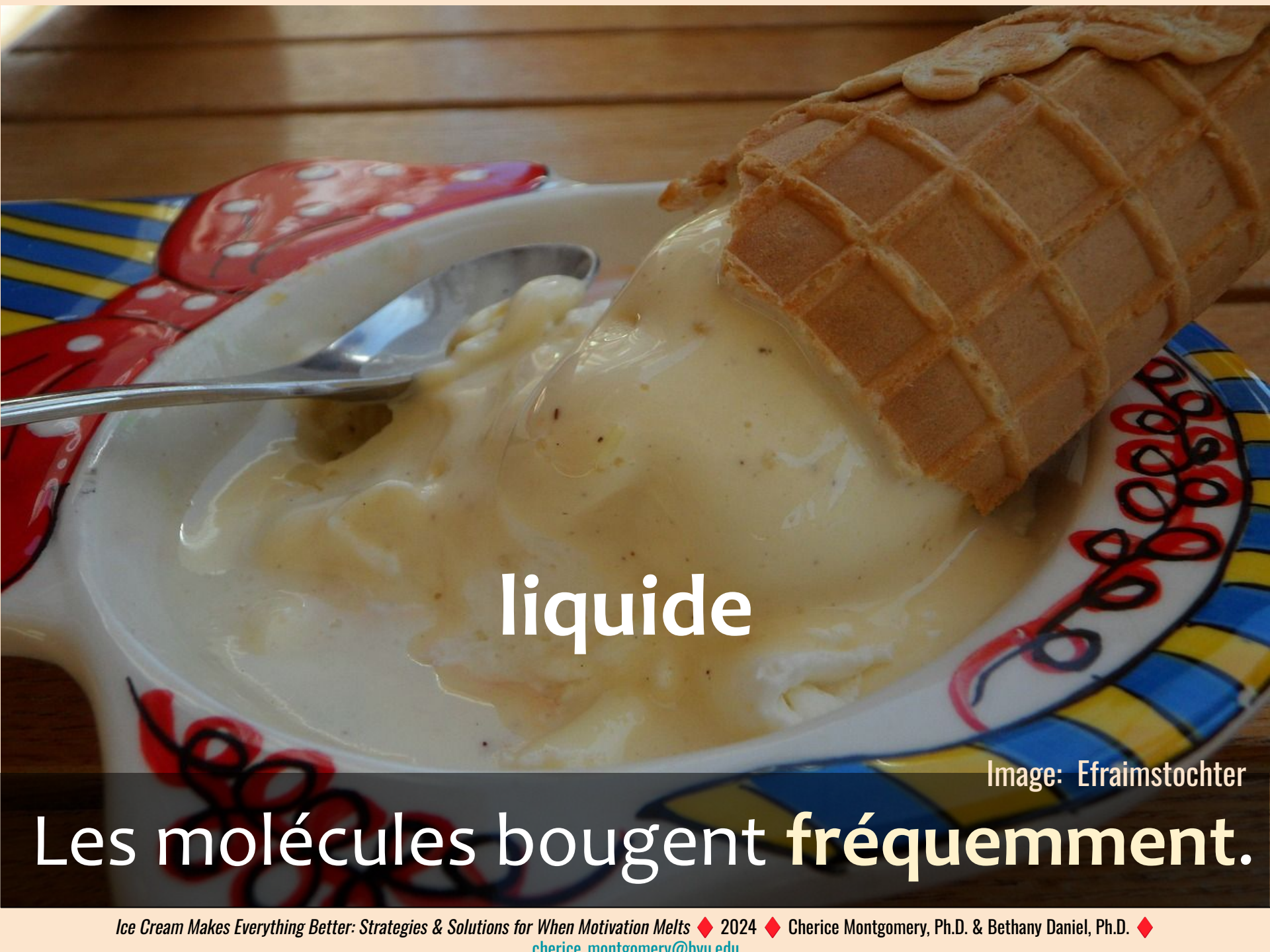
fréquemment

© Image: ParlonsSciences



Les molécules
bougent
lentement.

Image: Anonymous



liquide

Image: Efrainstochter

Les molécules bougent **fréquemment.**

Les molécules bougent **rapidement**.



Image: MarcelIBM



Image: Eva Bronzini

solide?

liquide?

ou gaz?

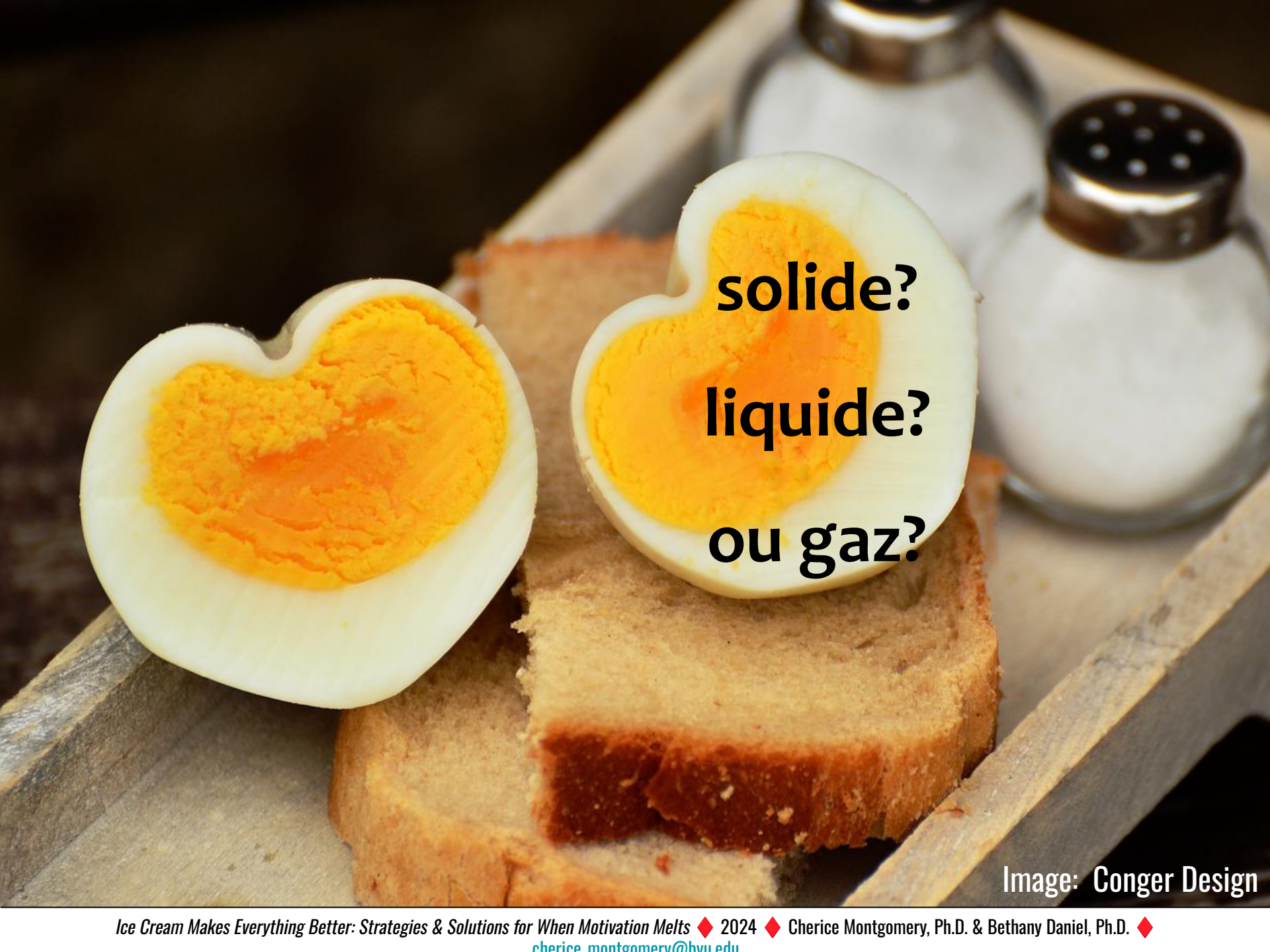
solide?

liquide?

ou gaz?



Image: Manfredrichter

A close-up photograph of two heart-shaped slices of hard-boiled egg resting on a wooden cutting board. The egg slices are cut in half, revealing a bright yellow yolk and a white, firm egg white. The cutting board is placed on a wooden surface, and several slices of whole-grain bread are visible. In the background, there are two glass salt and pepper shakers with silver-colored metal caps. The lighting is warm and focused on the egg slices.

**solide?
liquide?
ou gaz?**

Image: Conger Design

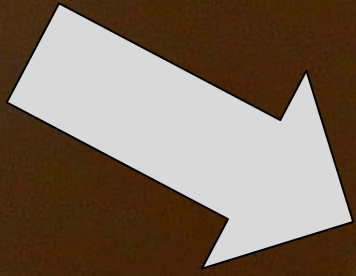
The background of the slide is an abstract, high-contrast image of liquid splashes. It features thick, flowing streams of dark red and black liquid against a white background. The splashes are dynamic and organic, with some areas appearing more solid and others more liquid. A semi-transparent white rectangular box is overlaid on the upper left portion of the image, containing the text.

solide?

liquide?

ou gaz?

Image: Tamanna_rumee



solide?
liquide?
ou gaz?

Image: Nennieinszweidrei

Et la glace?!

solide?
liquide?
ou gaz?



Image: NGSOFTIT

La glace est **unique**.

Les 3 états
existent ensemble
en même temps!



solide

liquide

gaz

Image: Solod_Sha

Comment fait-on la glace?



Images: ASnowKnows & Moiranazzari

Les composants de la crème



Images: Myriams-Fotos, Ponce_photography, PublicDomainPictures

Les ingrédients de la glace



Images: Manfredrichter, Ponce_photography, Public Domain Pictures, 422737



Image: DS Stories

La transformation

**Dans
la crème,
le gras et
l'eau sont
combinés.**



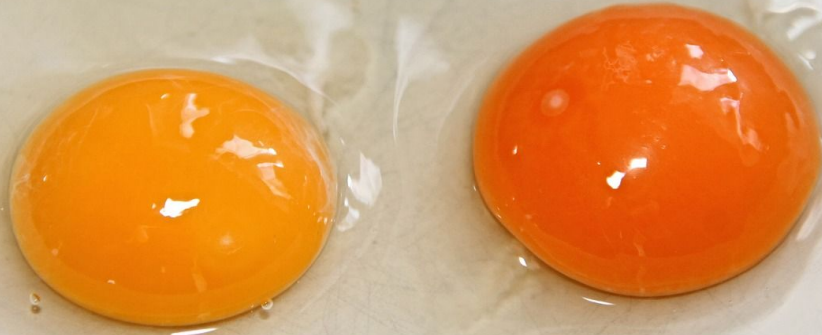
Image: Eiliv Acheron



On mélange des œufs.

Images: Angela Khebou

Les œufs



et le gras

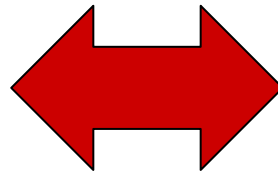


se combinent.



Image: Ponce_photography

L'eau et le gras se séparent.



Images: Ponce_photography, PublicDomainPictures

L'eau et le sucre se combinent.



Images: PublicDomainPictures, 422737

On ajoute le froid.

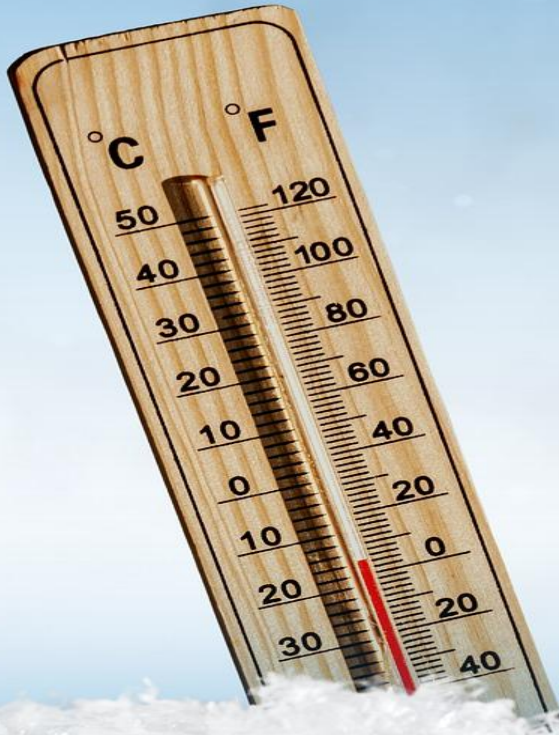
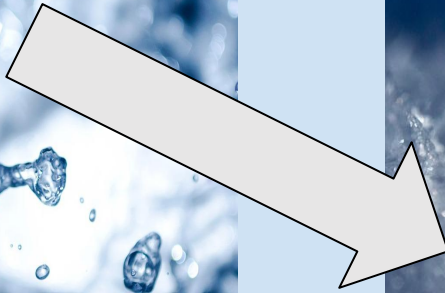
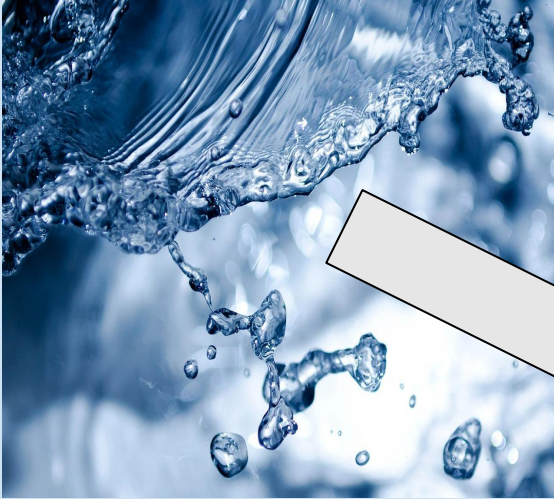


Image: RosZie

Une partie de l'eau gèle et devient solide.



Images: PublicDomainPictures, 422737, 121385620

Une partie de l'eau sucrée reste liquide.



Images: PublicDomainPictures, 422737, ColiN00B

En mélangeant, on introduit de l'air.



Image: BlueRose220



Le gras
entoure
de l'air.



Le
gras



Le
gras



Le
gras



Le
gras

Image: A_Different_Perspective

la glace

Click here to see a diagram of the chemical composition of ice cream:

<https://parlonssciences.ca/ressources-pedagogiques/documents-dinformation/les-etats-de-la-matiere>

Le resultat

de l'air

**de l'eau
gélée**

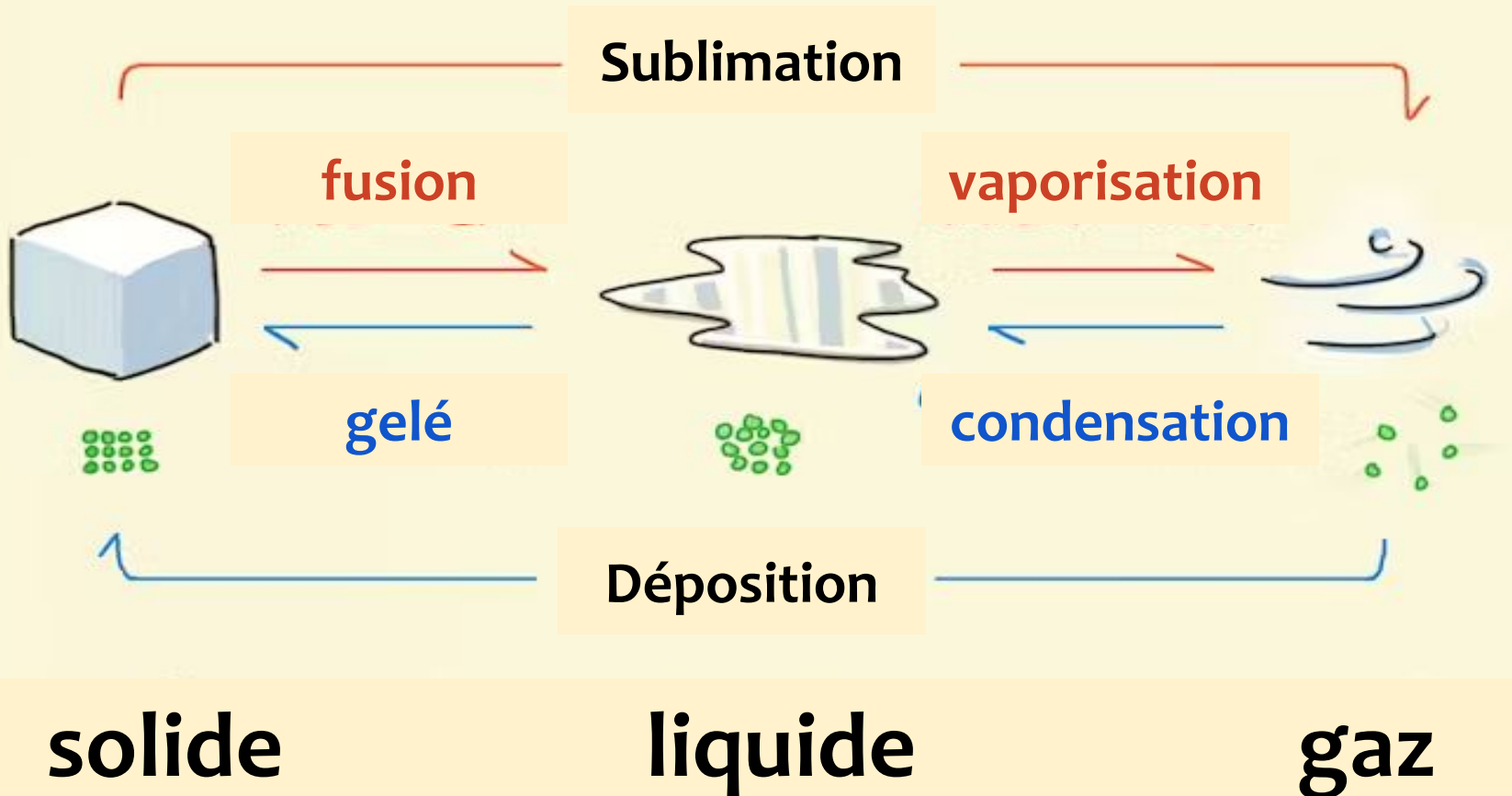
**de l'eau sucrée
(liquide)**

du gras

© Image: ParlonsSciences

Les 3 états de la matière

et les transitions de phase entre eux



CCA NC Image: Sketchplanations
sketchplanations



Interactivity

Image: Polka Dot Images



Formative Assessment

Image: Nick Mayer

Choose a color



Images: No-longer-here

Look
for
your
color



**Go to your
color's corner
and find a
partner.**



Image: Stux

**Answer
the question.**

Choose a color



Images: No-longer-here

Choose a color



Images: No-longer-here

What is a new word that you learned today?

What's something new you learned about ice cream?

Four Corners

What is a new cultural insight you gained?

What connections did you make between ice cream and your classroom?

Image: Stux

Choose a color



Images: No-longer-here

What did you learn about using authentic texts?

Share one new thing you learned about motivating your students with multiple cultures.

Four Corners

Share one idea for making your classes more multisensory.

How could you make connections to other content areas in your classroom?

Image: Stux

Techniques for Integrating the 5 Cs



Image: Kindel Media

Any breakthroughs?



Image: Тимур Слугин

With
ice cream
anything is
popsicle!





CCO Image: Girlfeet

What is YOUR next step?

Stick with it!



Images of stickers: Cherice Montgomery

Session Evaluation



Image: Cleyton Ewerton



How did
it taste?

Scan the QR code to access
session resources



*Ice Cream Makes
Everything Better*

Image: Tomek