

# COKOGAMES

## PBL Project: Letter Seekers, Time Controllers! Ages 6-8

**Mission:** To become Time Scientists to understand how our brain processes information and how we can stay calm when facing complex tasks.

### Phase 1: Research Hypothesis

Before starting the "Find the Letter" game, let's reflect on what we expect to happen.

- **Scenario A:** There are 50 letters mixed up on the classroom floor. Will it take you a long time or a short time to find the target letter? \_\_\_\_\_
- **Scenario B:** There are only 3 letters left visible. Will the process be slower or faster?  
\_\_\_\_\_
- **Your emotional state:** How do you feel when the clock is ticking and the play area is full of items? \_\_\_\_\_

## Phase 2: The Data Laboratory

Start the Competitive Mode of the online game "FIND THE LETTER". While you play, or immediately after, record your observations in the following table:

Game Moment	Volume of Letters	Perceived Speed	Tension Level (1-5)
Start of Game	Maximum (Full scene)		
Middle Phase	Medium (Empty spaces)		
Final Phase	Minimum (Almost empty)		

## Phase 3: Analysis and Conclusions

After analyzing the data from your table, complete the following scientific conclusion:

*"I have discovered that at the beginning of this game, the speed of finding letters is \_\_\_\_\_ because there is more information to process. As I solve the problem and the number of items decreases, the time needed is \_\_\_\_\_. Therefore, if I am slow at the start, I shouldn't get nervous because it is part of the natural process."*

## Phase 4: Emotional Toolkit

Design your own strategy to manage your nerves when the task is difficult at the beginning:

1. **Breathing:** Describe a simple exercise (e.g., box breathing).
2. **Self-talk:** What positive phrase will you say to yourself?

3. **Focus:** What part of the screen will you focus on first?