

Open Your Class With This Tomorrow Activity 2- *Buzz: Inside the Minds of Thrill-Seekers, Daredevils, and Adrenaline Junkies*

Project Idea: Assignment: Analyzing Sensation-Seeking Traits

Directions

1. **Select a Subject:** Choose a person from the list or someone else who might be high in one or more aspects of sensation-seeking.
2. **Research:** Use articles, interviews, or videos to gather information on the individual's behaviors, motivations, and personality traits. Remind students to select reputable sources such as news articles, interviews, or documentaries to gather information about the individual's behaviors and personality traits.
3. **Analysis:** Identify and provide examples of how the individual exhibits one or more of the components of sensation-seeking:
 - **Thrill and Adventure Seeking** – Engages in physically risky activities.
 - **Experience Seeking** – Pursues new sensory or mental experiences.
 - **Disinhibition** – Acts impulsively or takes social risks.
 - **Boredom Susceptibility** – Seeks constant stimulation and dislikes repetition.
4. **Reflection:** Discuss how the individual's sensation-seeking traits have influenced their life choices, successes, and challenges. Reflect on any potential positive or negative impacts of these traits.
5. **Presentation Options:** Summarize findings through a short presentation, infographic, video summary, or written reflection. Include specific examples, quotes, or clips where applicable.

Important Note for Teachers:

Before assigning this activity, please be aware that the individuals listed as potential areas for research may come from diverse backgrounds and fields, some of which may involve controversial topics or personal viewpoints. Additionally, reliable and detailed information availability may vary depending on the person selected. You will need to guide students in selecting appropriate figures and finding credible sources.

Potential Individuals for the Project

- Kirill Vselensky – Urban explorer and photographer known for scaling high-rise structures without safety equipment to capture unique perspectives of the city.
- Maya Gabeira – Big-wave surfer who holds records for surfing some of the largest waves in history.
- Simone Biles – Gymnast known for performing gravity-defying, high-risk moves never attempted by others in competition.
- Nimsdai Purja – Nepalese mountaineer who set world records for climbing the 14 highest peaks in record time.
- Banksy – Anonymous street artist known for bold, political graffiti and rebellious social commentary
- Lin-Manuel Miranda – A composer, lyricist, actor, and playwright who blends various musical styles and storytelling techniques to create innovative works.
- David Blaine – Magician known for extreme endurance stunts and new illusions.
- Nyjah Huston – Professional skateboarder known for taking extreme risks in street skating competitions.
- Cardi B – Rapper known for unfiltered public statements and breaking traditional entertainment industry expectations.
- Chimamanda Ngozi Adichie – Author and feminist advocate known for her work on gender roles and empowerment.
- Coyote Peterson – YouTube wildlife educator known for extreme, hands-on encounters

- with animals, including painful stings and bites.
- Forrest Galante – Wildlife biologist and TV host who searches for rare and possibly extinct species in remote locations.
 - Eileen Gu – Olympic freestyle skier who performs dangerous aerial tricks at extreme heights.
 - Yayoi Kusama – Artist known for her unique, immersive installations that defy conventional artistic expectations.
 - Quentin Tarantino – Filmmaker who continuously experiments with new storytelling methods.
 - Biruté Galdikas – Leading orangutan researcher who immersed herself in the wild to study and protect primates.
 - Alex Honnold – Rock climber known for free soloing El Capitan with no ropes or safety equipment.
 - Janelle Monáe – A singer, songwriter, actress, and author who pushes creative boundaries across multiple artistic disciplines.
 - Colin Kaepernick – Former NFL player turned activist known for protesting racial injustice.
 - Nathan Law – Human rights and pro-democracy activist from Hong Kong who has risked his safety to challenge authoritarianism.
 - Doja Cat – Musician who frequently reinvents her style and pushes the boundaries of social media and public persona.
 - Paula Kahumbu – Kenyan conservationist working to protect elephants and educate the public on wildlife conservation.
 - Zendaya – Known for shifting between film, television, music, and fashion to avoid creative stagnation.
 - Travis Pastrana – Extreme sports athlete in motocross, rally racing, and stunts.
 - Megan Thee Stallion – Takes creative risks and challenges societal norms through her music and persona.
 - Greta Thunberg – Environmental activist known for boldly confronting world leaders, challenging political norms, and refusing to adhere to traditional diplomatic etiquette.
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- Eddie Huang – Chef, writer, and TV host known for blending food, hip-hop, and cultural identity. His show *Huang's World* explored global cultures through cuisine
 - Scott Lindgren – Expedition kayaker and filmmaker known for pioneering first descents on some of the world's most challenging rivers.
 - Lady Gaga – Musician and performer known for pushing creative boundaries in music and fashion.
 - Ava DuVernay – Filmmaker who explores powerful and unconventional storytelling in cinema.
 - Kara Walker – Uses intricate silhouettes to challenge race, gender, and historical oppression.
 - Sha'Carri Richardson – Olympic sprinter who embraces confidence and refuses to conform to traditional expectations of athletes.
 - Felix Baumgartner – Skydiver who set the record for the highest freefall jump from the stratosphere.
 - Zanele Muholi – A photographer and visual activist whose portraits celebrate LGBTQ+ and Black identity.