



# Index of STEM podcast topics, health messages, and character values

Each STEM podcast begins with a brief introduction in Spanish.

	#	Podcast Title	Health Literacy Message	Character Value
INTRO	1	Welcome to The Walking Classroom	Safe walking	NA
	2	Hello from Room 33	Respect the privilege of TWC participation	NA
	3	Introduction to TWC	Empty calories vs. healthy calories	NA
PHYSICAL SCIENCE	4	Leonardo da Vinci	Importance of raising heart-rate	Patience
	5	Galileo Galilei	Obesity in America	Respectfully disagreeing
	6	Gabriel Fahrenheit	Exercising in cold weather	Reliability
	7	Benjamin Banneker	Walking uses almost 1/3 of all our muscles	Curiosity
	8	Erie Canal	Exercise before starting homework	Persistence
	9	Thomas Edison	Germs, fever, and the need for hygiene	Learning from failure
	10	Albert Einstein	How to turn screen time into exercise time	Trying new things
EARTH SCIENCE	11	Meteorology	Weather and health	Being flexible
	12	Precipitation and The Water Cycle	Exercising in cold weather	Reliability
	13	Hurricanes	Healthy choices	Bravery
	14	Tornadoes	Cardiovascular system	Cooperation
	15	Geology	Exercise, concentration, & reading comprehension	Being proactive
	16	Layers of the Earth	Importance of a balanced diet	Creativity
	17	Rocks of the Earth's Crust	Hydration	Being trustworthy
	18	Hot Springs and Geysers	Vitamins and minerals	Approaching obstacles
	19	Volcanoes	The importance of fresh fruits and vegetables	Respect
	20	Deserts	Heat exhaustion	Being resourceful
	21	Mountains	Individual talents	Humility
	22	Continental Divide	Value of exercise in improving your mood	Influence
	23	John Muir	Nature and health	Resilience
	24	William Morris Davis	Diabetes	Confidence
	25	Political and Physical Maps	Personal space	Reliability
	26	Suns, Stars, and Galaxies	Practicing good hygiene	Patience
	27	The Ocean Floor	Aerobic exercise & cardiovascular fitness	Adapting to changes
	28	Currents and Tides	What vitamin D does for us	Treating nature with respect

	#	Podcast Title	Health Literacy Message	Character Value
LIFE SCIENCE	29	Human Body's Slimy Shields	Hydration	Responsibility
	30	Skin	Sunscreen	Forgiveness
	31	Heart & Circulatory System	Importance of minerals in food	Reliability
	32	Animal Classification	Importance of a balanced diet	Cooperation
	33	Food Chains	Vitamins	Respecting Nature
	34	Marine Life	Exercise value of swimming	Respecting the environment
	35	George Washington Carver	Sleep and how to get enough	Passion
	36	Conservation	Environment and fitness	Conserving environmental resources
	37	Rachel Carson	Intro to aerobic exercise and cardio fitness	Standing up for what is right
	38	Inez Fung	Oxygen, learning and the brain	Determination
	39	Clara Barton	Vitamin C	Compassion
	40	Dr. Elizabeth Blackwell	Preventing the spread of germs	Passion
	41	Dr. Daniel Hale Williams	Work your brain to make it stronger	Generosity
	42	Mayo Family & Clinic	Walking increases energy levels	Confidence
	SCIENCE CAREER SERIES	43	Dr. Charles Drew	Dangers of music that is too loud
44		Dr. Christiaan Barnard	Exercise and moods	Perseverance
45		John Dalton	Importance of protein in your diet	Intelligence
46		Dr. Patrick Treuthardt, Physicist	NA	Curiosity
47		Liz Baird, Director of Education	NA	Leadership
48		Dr. Chris Tacker, Geologist	NA	Resourcefulness
49		Dr. Emlyn Koster, Geologist	NA	Leadership
50		Dr. Paul Brinkman, Paleontologist	NA	Flexibility
51		Bob Alderink, Lab Coordinator	NA	Citizenship
52		Dr. Colin Brammer, Entomologist	NA	Open-mindedness
53		Dr. Jason Cryan, Entomologist	NA	Respect
54		Dr. Dan Dombrowski, Veterinarian	NA	Thoughtfulness
55		Chris Goforth, Citizen Science	NA	Self-respect
56		Dr. Roland Kays, Zoologist	NA	Teamwork
57		Dr. Stephanie Schuttler, Mammologist	NA	Cooperation
58		Dr. Julia Stevens, Microbial Ecologist	NA	Optimism
59		Ben Hess, Collections Manager	NA	Generosity
60		Dr. Julie Horvath Evolutionary Genomicist	NA	Teamwork
61		Dr. Julie Urban, Evolutionary Biologist	NA	Open-mindedness