



STEM Podcasts & Standards

Each podcast begins with a brief introduction in Spanish
Health Literacy Messages

	#	Podcast Title	Character Value
Intro Lessons	1	Welcome to The Walking Classroom <i>Safe walking</i>	NA
	2	Hello from Room 33 <i>Respect the privilege of TWC participation</i>	NA
	3	Introduction to TWC <i>Empty calories vs. healthy calories</i>	NA
Physical Science	4	Leonardo da Vinci <i>Importance of raising heart-rate</i>	Patience
	5	Galileo Galilei <i>Obesity in America</i>	Respectfully disagreeing
	6	Gabriel Fahrenheit <i>Exercising in cold weather</i>	Reliability
	7	Benjamin Banneker <i>Walking uses almost 1/3 of all our muscles</i>	Curiosity
	8	Erie Canal <i>Exercise before starting homework</i>	Persistence
	9	Thomas Edison <i>Germs, fever, and the need for hygiene</i>	Learning from failure
	10	Albert Einstein <i>How to turn screen time into exercise time</i>	Trying new things
Earth Science	11	Meteorology <i>Weather and health</i>	Being flexible
	12	Precipitation and The Water Cycle <i>Exercising in cold weather</i>	Reliability
	13	Hurricanes <i>Healthy choices</i>	Bravery
	14	Tornadoes <i>Cardiovascular system</i>	Cooperation
	15	Geology <i>Exercise, concentration, & reading comprehension</i>	Being proactive
	16	Layers of the Earth <i>Importance of a balanced diet</i>	Creativity
	17	Rocks of the Earth's Crust <i>Hydration</i>	Being trustworthy
	18	Hot Springs and Geysers <i>Vitamins and minerals</i>	Approaching obstacles

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Earth Science	19	Volcanoes <i>The importance of fresh fruits and vegetables</i>	Respect
	20	Deserts <i>Heat exhaustion</i>	Being resourceful
	21	Mountains <i>Individual talents</i>	Humility
	22	Continental Divide <i>Value of exercise in improving your mood</i>	Influence
	23	John Muir <i>Nature and health</i>	Resilience
	24	William Morris Davis <i>Diabetes</i>	Confidence
	25	Political and Physical Maps <i>Personal space</i>	Reliability
	26	Suns, Stars, and Galaxies <i>Practicing good hygiene</i>	Patience
	27	The Ocean Floor <i>Aerobic exercise and cardiovascular fitness</i>	Adapting to changes
	28	Currents and Tides <i>What vitamin D does for us</i>	Treating nature with respect
Life Science	29	Human Body's Slimy Shields <i>Hydration</i>	Responsibility
	30	Skin <i>Sunscreen</i>	Forgiveness
	31	Heart & Circulatory System <i>Importance of minerals in food</i>	Reliability
	32	Animal Classification <i>Importance of a balanced diet</i>	Cooperation
	33	Food Chains <i>Vitamins</i>	Respecting Nature
	34	Marine Life <i>Exercise value of swimming</i>	Respecting the environment
	35	George Washington Carver <i>Sleep and how to get enough</i>	Passion
	36	Conservation <i>Environment and fitness</i>	Conserving environmental resources
	37	Rachel Carson <i>Intro to aerobic exercise and cardio fitness</i>	Standing up for what is right
	38	Inez Fung <i>Oxygen, learning and the brain</i>	Determination
	39	Clara Barton <i>Vitamin C</i>	Compassion
	40	Dr. Elizabeth Blackwell <i>Preventing the spread of germs</i>	Passion

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Life Science	41	Dr. Daniel Hale Williams <i>Work your brain to make it stronger</i>	Generosity
	42	Mayo Family & Clinic <i>Walking increases energy levels</i>	Confidence
	43	Dr. Charles Drew <i>Dangers of music that is too loud</i>	Thoughtfulness
	44	Dr. Christiaan Barnard <i>Exercise and moods</i>	Perseverance
	45	John Dalton <i>Importance of protein in your diet</i>	Intelligence
Science Careers Series	46	Dr. Patrick Treuthardt, Physicist	Curiosity
	47	Liz Baird, Director of Education	Leadership
	48	Dr. Chris Tacker, Geologist	Resourcefulness
	49	Dr. Emlyn Koster, Geologist	Leadership
	50	Dr. Paul Brinkman, Paleontologist	Flexibility
	51	Bob Alderink, Lab Coordinator	Citizenship
	52	Dr. Colin Brammer, Entomologist	Open-mindedness
	53	Dr. Jason Cryan, Entomologist	Respect
	54	Dr. Dan Dombrowski, Veterinarian	Though
	55	Chris Goforth, Citizen Science	Self-respect
	56	Dr. Roland Kays, Zoologist	Teamwork
	57	Dr. Stephanie Schuttler, Mammologist	Cooperation
	58	Dr. Julia Stevens, Microbial Ecologist	Optimism
	59	Ben Hess, Collections Manager	Generosity
	60	Dr. Julie Horvath Evolutionary Genomicist	Teamwork
	61	Dr. Julie Urban, Evolutionary Biologist	Open-mindedness