



TWC MOBILE APP

Index of podcast topics, health messages, and character values

	Podcast Title	Health Literacy Message	Character Value
INTRO	Welcome to The Walking Classroom	Safe walking	NA
	Introduction to TWC	Empty calories vs. healthy calories	NA
LANGUAGE ARTS	Idioms	Exercise and its effect on mood	Being considerate
	Simile and Metaphor	Talking about feelings	Choosing your own path
	Alliteration and Personification	Walking's impact on the immune system	Taking initiative
	Setting and Symbolism	Alcohol abuse	Caring
	Point of View in Writing	Hydration means water, not soda/sports drinks	Empathy
	Types of Conflict in Writing	Value of exercise breaks	Learning from conflict
	Rhyme Scheme, Meter and Verse	Talking with adults about problems	Individuality
	<i>Oxford English Dictionary</i>	Healthy snacks	Using kind words
	Learning in Context	Pushing yourself too hard while exercising	Staying focused
	Homonyms and Homophones	Developing healthy habits while young	Know your audience
	Greek and Latin Root Words	Cardio exercise vs. weight lifting	Encouragement
	Adverbs of Manner	Paying attention while exercising	Confidence
	Prepositions	Importance of a healthy breakfast	Thoughtful communication
	Interjections	Exercise helps people think clearly	Respect
	Word Choice	Cardiovascular exercise	Individuality
	Adjusting Your Writing for Audiences	Exercise brings oxygen to muscles and organs	Humor
	First Person vs. Third Person	Bullying	Reliability
	Summary Writing	Injuries and recovery time	Responding appropriately
	Firsthand vs. Secondhand Accounts	Persuasive advertising	Integrity
	Conducting Effective Interviews	Exercise helps us concentrate	Being considerate
	Trickster Stories	Healthy breakfasts	Trickster vs. Bully
	Riddles from <i>The Hobbit</i>	General benefits of exercise	Attentiveness
	"The Echoing Green"	Our bodies were made to move	Taking time to slow down
	"I Hear America Singing"	Exercise and brain function	Optimism
	Ralph Waldo Emerson	Teacher and student relationships	Respecting nature
	Emily Dickinson	Different types of calories	Individuality
	"Casey at the Bat"	Teamwork	Confidence
	"Take Me Out to the Ballgame"	Dangers of junk food	Patriotism
	Rene Magritte	Servings of fruit and vegetables	Creativity
	Salvador Dali	Watching your temper	Ambition
	Robert Frost	Importance of being in nature	Flexibility

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LANGUAGE ARTS	Langston Hughes	Vitamins and minerals your body needs	Perseverance
	Carl Sandburg	Personal space	Individuality
	Ogden Nash	Fresh food vs. preservatives	Sense of humor
	Maya Angelou	Importance of protective gear in sports	Optimism
	Jack Prelutsky	Benefits of regular exercise	Creativity
	Myths, Legends, and Lore	Dangers of smoking	Seeking knowledge
	“John Henry”	The many ways we can get exercise	Perseverance
	Legendary and Everyday Heroes	Importance of daily exercise	Bravery
	Superheroes and Villains of Writing	Positive body image	Sense of humor
	Importance of Superheroes in Society	Pay attention while walking	Responsibility
	Heroic Dogs and Horses	Recognizing one’s strengths and weaknesses	Loyalty
	Parody	Benefits of exercising in a group	Using good judgement
	Exploring with Alice	Weather-related inactivity	Self-discovery
	William Shakespeare	Exercise and concentration	Creativity
SOCIAL STUDIES	Feudalism	Role models	Loyalty
	Castles of the Middle Ages	Exercise keeps people focused and alert	Fortitude
	Knights of the Middle Ages	Iron in our diet	Loyalty
	Women and Girls in the Middle Ages	Education and quality of life	Power of education
	Joan of Arc	Bullies	Perseverance
	Leonardo da Vinci	Importance of raising heart rate	Patience
	Johannes Gutenberg	Importance of reading	Long-term goals
	Madrigals	Exercise, muscles, and mood	Keeping an open mind
	Renaissance Artists	Hydration	Innovation
	Marco Polo	Benefits of sleep and a healthy breakfast	Integrity
	Christopher Columbus	Mixing up exercise routines	Determination
	Pedro Alvares Cabral	Good snacks and bad snacks	Tolerance
	Vasco da Gama	Vitamin C and scurvy	Strengths and weaknesses
	The Maya	Exercise and maintaining a healthy weight	Respecting nature
	The Aztec	Vitamin B	Overcoming struggles
	The Inca	Sources of protein	Creativity and intelligence
	The Boston Massacre	Peer pressure	Acceptance
	Crispus Attucks	Benefits of regular exercise	Courage
	The Boston Tea Party	Hormonal changes as your body changes	Loyalty
	The Intolerable Acts	Talking about your feelings when stressed	Loyalty
	Thomas Paine and <i>Common Sense</i>	Confidence in expressing your opinion	Acceptance
	Paul Revere	Walking provides extra oxygen to the brain	Responsibility
	Patrick Henry	Smoking and the dangers of nicotine	Perseverance
Deborah Sampson	Injury treatment	Honesty	
“Yankee Doodle”	Importance of a balanced diet	Creativity	
Benjamin Franklin	Importance of exercise as people get older	Wisdom	

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	Samuel Adams	Alcohol abuse	Forgiveness
	George Washington	The process of making important decisions	Wisdom and bravery
	U.S. Preamble and Constitution	Essential needs	Adapting
	Checks and Balances	Exercise, endorphins and mood	Compromise
	“Star Spangled Banner”	The many ways we can get exercise	Patriotism
	Statue of Liberty	Walking improves mood, learning and attendance	Acceptance
	Slave Life and Rebellions	Exercise and brain activity	Empathy
	Mason Dixon Line	Emotional benefits of exercise	Compromise
	The Underground Railroad	Exercise and thoughtful decisions	Discrimination
	Harriet Tubman	Muscle tone	Passion and conviction
	Women of the Civil War	Portion size and energy levels	Confidence
	Sojourner Truth	Exercise, endorphins, stress and mood	Being admirable
	Frederick Douglass	Make exercise a habit while you’re young	Dedication
	Abraham Lincoln	Benefits of elevating your heart rate	Stand by your beliefs
	Civil War Generals, Part 1	Walking, the Sun, and vitamin D	Determination
	Civil War Generals, Part 2	Awareness while exercising	Compassion
	Emancipation Proclamation	Exercise as a break	Leadership
SOCIAL STUDIES	Gettysburg, Part 1	Walking can be an antidote to stress	Forgiveness
	Gettysburg, Part 2	Proteins	Humility
	Assassination of Lincoln	Staying alert	Accountability
	“O Captain! My Captain!”	Walking pace and heart rate, oxygen and circulation	Admiration
	Reconstruction	Understanding asthma	Forgiveness
	Carpetbaggers and Scalawags	Oxygen and the brain, living longer	Asking for help
	The 14th Amendment	Bullying	Optimism
	Clara Barton	Vitamin C	Compassion
	Susan B. Anthony	Treating people fairly and with respect	Respect
	Elizabeth Cady Stanton and Susan B. Anthony	Heart rate, pulse, and blood flow	Passion and conviction
	Native American Mound Builders	Importance of a balanced diet	Cooperation
	Daniel Boone	Exercising in nature	Respect
	The Cumberland Gap	Junk food and energy	Bravery
	Davy Crockett	Bones and safe backpack practice	Determination
	Westward Expansion	Weight	Goals
	Lewis and Clark and Sacagawea	Exercise and focus	Being dependable
Tecumseh	Pulse and resting heart rate	Reflecting on your choices	
Sequoyah	Obesity and walking	Perseverance	
The Santa Fe Trail	Exercise, endorphins and de-stressing	Life goals	
The Erie Canal	Exercise before starting homework	Persistence	
Trail of Tears	Oxygen and the brain	Tolerance	
Manifest Destiny	Benefits of walking enough; value a pedometer	Confidence	
“Civil Disobedience”	Physical activity requirements	Courage	

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SOCIAL STUDIES	Gold Rush	Safe lifting	Ambition
	The Pony Express	Studies reveal that exercise aids concentration	Responsibility
	Chief Joseph	Resting heart rate	Bravery
	Booker T. Washington	Role models	Being admirable
	Henry Ford	The importance of respect	Generosity
	How Taxes Work	Staying hydrated	Fairness
	Money	Limit video games	Planning ahead
	The Stock Market Crash	Dealing with stinging insects	Responsibility
	The Great Depression	Safe walking	Optimism
	The Dust Bowl	Dust, pollution and your health	Patience
	Franklin Delano Roosevelt, Part 1	Endorphins	Overcoming fear
	Franklin Delano Roosevelt, Part 2	Taking care of injuries	Making sacrifices
	Eleanor Roosevelt	Stretching	Self-respect
	Negro Baseball League	Strains and sprains	Perseverance
	"Who's on First?"	Importance of walking and good posture	Patience
	Dr. Martin Luther King Jr.	Learning new things increases brain power	Courage
	Rosa Parks	Television ads	Determination
Barack Obama	Dangers of smoking and tobacco	Courage	
SCIENCE	Skin	Sunscreen	Forgiveness
	Human Body's Slimy Shields	Hydration	Responsibility
	Heart and Circulatory System	Importance of minerals in food	Reliability
	Conservation	Environment and fitness	Conserving environmental resources
	Food Chains	Vitamins	Respecting nature
	Animal Classification	Importance of a balanced diet	Cooperation
	Geology	Exercise, concentration and reading comprehension	Being Proactive
	Layers of the Earth	Importance of a balanced diet	Creativity
	Rocks of the Earth's Crust	Hydration	Being Trustworthy
	Continental Divide	Value of exercise in improving your mood	Influence
	Mountains	Individual talents	Humility
	Hot Springs and Geysers	Toxins	Approaching obstacles
	Volcanoes	Importance of fresh fruits and vegetables	Respect
	Deserts of the World	Preventing and recognizing heat exhaustion	Being Resourceful
	Physical vs. Political Maps	Personal space	Reliability
	Currents and Tides	What vitamin D does for us	Treating nature with respect
	Marine Life	Exercise value of swimming	Respecting the environment
	The Ocean Floor	Aerobic exercise and cardiovascular fitness	Adapting to change
	Sun, Stars, and Galaxies	Practicing good hygiene	Patience
	Greek Constellations	Heredity and genes	Wisdom
Native American Constellations	Dangers of walking while distracted	Creativity	
Meteorology	Weather and health	Being flexible	

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SCIENCE	Water Cycle	Exercising in cold weather	Reliability
	Tornadoes	Cardiovascular fitness	Cooperation
	Hurricanes	Healthy calories	Bravery
	Turning a Hobby into a Career	Walking can help improve learning and grades	Passion
	Neil Armstrong	Mindful changes in eating behavior	Passion
	Benjamin Banneker	Walking uses almost 1/3 of all our muscles	Curiosity
	Dr. Christiaan Barnard	Exercise and a healthy heart	Perseverance
	Dr. Elizabeth Blackwell	Preventing the spread of germs	Passion
	Louis Braille	Healthy teeth and gums	Role models
	Rachel Carson	Intro to aerobic exercise and cardio fit-ness	Standing up for what is right
	George Washington Carver	Sleep and how to get enough	Passion
	John Dalton	Importance of protein in your diet	Intelligence
	William Morris Davis	Diabetes	Confidence
	Dr. Charles Drew	Dangers of music that is too loud	Thoughtfulness
	Thomas Edison	Germs, fever, and the need for hygiene	Learning from fail-ure
	Albert Einstein	How to turn screen time into exercise time	Trying new things
	Gabriel Fahrenheit	Exercising in cold weather	Patience
	Dr. Inez Fung	Oxygen, learning, and the brain	Determination
	Galileo Galilei	Obesity in America	Respectfully disagreeing
	Mayo Family and Mayo Clinic	Walking increases energy level	Confidence
	John Muir	Nature and health	Resilience
	Dr. Daniel Hale Williams	Work your brain to make it stronger	Generosity
	Dr. Patrick Treuthardt, Physicist	NA	Curiosity
	Liz Baird, Director of Education	NA	Leadership
	Dr. Chris Tacker, Geologist	NA	Resourcefulness
	Dr. Emlyn Koster, Geologist	NA	Leadership
	Dr. Paul Brinkman, Paleontologist	NA	Flexibility
	Bob Alderink, Lab Coordinator	NA	Citizenship
	Dr. Colin Brammer, Entomologist	NA	Open-mindedness
	Dr. Jason Cryan, Entomologist	NA	Respect
	Dr. Dan Dombrowski, Veterinarian	NA	Thoughtfulness
	Chris Goforth, Citizen Science	NA	Self-respect
Dr. Roland Kays, Zoologist	NA	Teamwork	
Dr. Stephanie Schuttler, Mammologist	NA	Cooperation	
Dr. Julia Stevens, Microbial Ecologist	NA	Optimism	
Ben Hess, Collections Manager	NA	Generosity	
Dr. Julie Horvath, Evolutionary Genomicist	NA	Teamwork	
Dr. Julie Urban, Evolutionary Biologist	NA	Open-mindedness	