

Index of podcast topics, health messages, and character values

	#	Podcast Title	Health Literacy Message	Character Value
INTRO	1	Welcome to The Walking Classroom	Safe walking	NA
	2	Introduction to TWC	Empty calories vs. healthy calories	NA
LANGUAGE ARTS	3	Idioms	Exercise and its effect on mood	Being considerate
	4	Simile and Metaphor	Talking about feelings	Choosing your own path
	5	Alliteration and Personification	Walking's impact on the immune system	Taking initiative
	6	Setting and Symbolism	Alcohol abuse	Caring
	7	Point of View in Writing	Hydration means water, not soda/sports drinks	Empathy
	8	Types of Conflict in Writing	Value of exercise breaks	Learning from conflict
	9	Rhyme Scheme, Meter and Verse	Talking with adults about problems	Individuality
	10	<i>Oxford English Dictionary</i>	Healthy snacks	Using kind words
	11	Learning in Context	Pushing yourself too hard while exercising	Staying focused
	12	Homonyms and Homophones	Developing healthy habits while young	Know your audience
	13	Greek and Latin Root Words	Cardio exercise vs. weight lifting	Encouragement
	14	Adverbs of Manner	Paying attention while exercising	Confidence
	15	Prepositions	Importance of a healthy breakfast	Thoughtful communication
	16	Interjections	Exercise helps people think clearly	Respect
	17	Word Choice	Cardiovascular exercise	Individuality
	18	Adjusting Your Writing for Different Audiences	Exercise brings oxygen to muscles and organs	Humor
	19	First Person vs. Third Person	Bullying	Reliability
	20	Summary Writing	Injuries and recovery time	Responding appropriately
	21	Firsthand vs. Secondhand Accounts	Persuasive advertising	Integrity
	22	Conducting Effective Interviews	Exercise helps us concentrate	Being considerate
	23	Trickster Stories	Healthy breakfasts	Trickster vs. Bully
	24	Riddles from <i>The Hobbit</i>	General benefits of exercise	Attentiveness
	25	"The Echoing Green"	Our bodies were made to move	Taking time to slow down
	26	"I Hear America Singing"	Exercise and brain function	Optimism
	27	Ralph Waldo Emerson	Teacher and student relationships	Respecting nature
	28	Emily Dickinson	Different types of calories	Individuality
	29	"Casey at the Bat"	Teamwork	Confidence
	30	"Take Me Out to the Ballgame"	Dangers of junk food	Patriotism
	31	Rene Magritte	Servings of fruit and vegetables	Creativity
	32	Salvador Dali	Watching your temper	Ambition
	33	Robert Frost	Importance of being in nature	Flexibility
	34	Langston Hughes	Vitamins and minerals your body needs	Perseverance
	35	Carl Sandburg	Personal space	Individuality
	36	Ogden Nash	Fresh food vs. preservatives	Sense of humor

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LANGUAGE ARTS	37	Maya Angelou	Importance of protective gear in sports	Optimism
	38	Jack Prelutsky	Benefits of regular exercise	Creativity
	39	Myths, Legends, and Lore	Dangers of smoking	Seeking knowledge
	40	"John Henry"	The many ways we can get exercise	Perseverance
	41	Legendary and Everyday Heroes	Importance of daily exercise	Bravery
	42	Superheroes and Villains of Writing	Positive body image	Sense of humor
	43	Importance of Superheroes in Society	Pay attention while walking	Responsibility
	44	Heroic Dogs and Horses	Recognizing one's strengths and weaknesses	Loyalty
	45	William Shakespeare	Exercise and concentration	Creativity
SOCIAL STUDIES	46	Feudalism	Role models	Loyalty
	47	Castles of the Middle Ages	Exercise keeps people focused and alert	Fortitude
	48	Knights of the Middle Ages	Iron in our diet	Loyalty
	49	Women and Girls in the Middle Ages	Education and quality of life	Power of education
	50	Joan of Arc	Bullies	Perseverance
	51	Johannes Gutenberg	Importance of reading	Long-term goals
	52	Renaissance Artists	Hydration	Innovation
	53	Marco Polo	Benefits of sleep and a healthy breakfast	Integrity
	54	Christopher Columbus	Mixing up exercise routines	Determination
	55	Pedro Alvares Cabral	Good snacks and bad snacks	Tolerance
	56	Vasco da Gama	Vitamin C and scurvy	Strengths and weaknesses
	57	The Maya	Exercise and maintaining a healthy weight	Respecting nature
	58	The Aztec	Vitamin B	Overcoming struggles
	59	The Inca	Sources of protein	Creativity and intelligence
	60	The Boston Massacre	Peer pressure	Acceptance
	61	Crispus Attucks	Benefits of regular exercise	Courage
	62	The Boston Tea Party	Hormonal changes as your body changes	Loyalty
	63	The Intolerable Acts	Talking about your feelings when stressed	Loyalty
	64	Thomas Paine and <i>Common Sense</i>	Confidence in expressing your opinion	Acceptance
	65	Paul Revere	Walking provides extra oxygen to the brain	Responsibility
	66	Patrick Henry	Smoking and the dangers of nicotine	Perseverance
	67	Deborah Sampson	Injury treatment	Honesty
	68	"Yankee Doodle"	Importance of a balanced diet	Creativity
	69	Benjamin Franklin	Importance of exercise as people get older	Wisdom
	70	Samuel Adams	Alcohol abuse	Forgiveness
	71	George Washington	The process of making important decisions	Wisdom and bravery
72	U.S. Preamble and Constitution	Essential needs	Adapting	
73	Checks and Balances	Exercise, endorphins and mood	Compromise	
74	"Star Spangled Banner"	The many ways we can get exercise	Patriotism	
75	Statue of Liberty	Walking improves mood, learning and attendance	Acceptance	
76	Slave Life and Rebellions	Exercise and brain activity	Empathy	
77	Mason Dixon Line	Emotional benefits of exercise	Compromise	
78	The Underground Railroad	Exercise and thoughtful decisions	Discrimination	
79	Harriet Tubman	Muscle tone	Passion and conviction	
80	Women of the Civil War	Portion size and energy levels	Confidence	
81	Sojourner Truth	Exercise, endorphins, stress and mood	Being admirable	

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82	Frederick Douglass	Make exercise a habit while you're young	Dedication
83	Abraham Lincoln	Benefits of elevating your heart rate	Stand by your beliefs
84	Civil War Generals, Part 1	Walking, the Sun, and vitamin D	Determination
85	Civil War Generals, Part 2	Awareness while exercising	Compassion
86	Emancipation Proclamation	Exercise as a break	Leadership
87	Gettysburg, Part 1	Walking can be an antidote to stress	Forgiveness
88	Gettysburg, Part 2	Proteins	Humility
89	Assassination of Lincoln	Staying alert	Accountability
90	"O Captain! My Captain!"	Walking pace and heart rate, oxygen and circulation	Admiration
91	Reconstruction	Understanding asthma	Forgiveness
92	Carpetbaggers and Scalawags	Oxygen and the brain, living longer	Asking for help
93	The 14th Amendment	Bullying	Optimism
94	Clara Barton	Vitamin C	Compassion
95	Elizabeth Cady Stanton and Susan B. Anthony	Heart rate, pulse, and blood flow	Passion and conviction
96	Native American Mound Builders	Importance of a balanced diet	Cooperation
97	The Cumberland Gap	Junk food and energy	Bravery
98	Davy Crockett	Bones and safe backpack practice	Determination
99	Westward Expansion	Weight	Goals
100	Lewis and Clark and Sacagawea	Exercise and focus	Being dependable
101	Tecumseh	Pulse and resting heart rate	Reflecting on your choices
102	Sequoyah	Obesity and walking	Perseverance
103	The Santa Fe Trail	Exercise, endorphins and de-stressing	Life goals
104	The Erie Canal	Exercise before starting homework	Persistence
105	Trail of Tears	Oxygen and the brain	Tolerance
106	Manifest Destiny	Benefits of walking enough; value a pedometer	Confidence
107	"Civil Disobedience"	Physical activity requirements	Courage
108	Gold Rush	Safe lifting	Ambition
109	The Pony Express	Studies reveal that exercise aids concentration	Responsibility
110	Chief Joseph	Resting heart rate	Bravery
111	Booker T. Washington	Role models	Being admirable
112	Henry Ford	The importance of respect	Generosity
113	How Taxes Work	Staying hydrated	Fairness
114	Money	Limit video games	Planning ahead
115	The Stock Market Crash	Dealing with stinging insects	Responsibility
116	The Great Depression	Safe walking	Optimism
117	The Dust Bowl	Dust, pollution and your health	Patience
118	Franklin Delano Roosevelt, Part 1	Endorphins	Overcoming fear
119	Franklin Delano Roosevelt, Part 2	Taking care of injuries	Making sacrifices
120	Eleanor Roosevelt	Stretching	Self-respect
121	Negro Baseball League	Strains and sprains	Perseverance
122	"Who's on First?"	Importance of walking and good posture	Patience
123	Dr. Martin Luther King Jr.	Learning new things increases brain power	Courage
124	Rosa Parks	Television ads	Determination
125	Barack Obama	Dangers of smoking and tobacco	Courage

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126	Skin	Sunscreen	Forgiveness
127	Human Body's Slimy Shields	Hydration	Responsibility
128	Heart and Circulatory System	Importance of minerals in food	Reliability
129	Conservation	Environment and fitness	Conserving environmental resources
130	Food Chains	Vitamins	Respecting nature
131	Animal Classification	Importance of a balanced diet	Cooperation
132	Geology	Exercise, concentration and reading comprehension	Being proactive
133	Layers of the Earth	Importance of a balanced diet	Creativity
134	Rocks of the Earth's Crust	Hydration	Being trustworthy
135	Continental Divide	Value of exercise in improving your mood	Influence
136	Mountains	Individual talents	Humility
137	Hot Springs and Geysers	Toxins	Approaching obstacles
138	Volcanoes	Importance of fresh fruits and vegetables	Respect
139	Deserts of the World	Preventing and recognizing heat exhaustion	Being resourceful
140	Physical vs. Political Maps	Personal space	Reliability
141	Current and Tides	What vitamin D does for us	Treating nature with respect
142	Marine Life	Exercise value of swimming	Respecting the environment
143	The Ocean Floor	Aerobic exercise and cardiovascular fitness	Adapting to changes
144	Sun, Stars, and Galaxies	Practicing good hygiene	Patience
145	Greek Constellations	Heredity and genes	Wisdom
146	Native American Constellations	Dangers of walking while distracted	Creativity
147	Meteorology	Weather and health	Being flexible
148	Water Cycle	Exercising in cold weather	Reliability
149	Tornadoes	Cardiovascular fitness	Cooperation
150	Hurricanes	Healthy calories	Bravery
151	Turning a Hobby into a Career	Walking can help improve learning and grades	Passion
152	Neil Armstrong	Mindful changes in eating behavior	Passion
153	Benjamin Banneker	Walking uses almost 1/3 of all our muscles	Curiosity
154	Dr. Christiaan Barnard	Exercise and a healthy heart	Perseverance
155	Dr. Elizabeth Blackwell	Preventing the spread of germs	Passion
156	Louis Braille	Healthy teeth and gums	Role models
157	Rachel Carson	Intro to aerobic exercise and cardio fit-ness	Standing up for what is right
158	George Washington Carver	Sleep and how to get enough	Passion
159	John Dalton	Importance of protein in your diet	Intelligence
160	William Morris Davis	Diabetes	Confidence
161	Dr. Charles Drew	Dangers of music that is too loud	Thoughtfulness
162	Thomas Edison	Germs, fever, and the need for hygiene	Learning from failure
163	Albert Einstein	How to turn screen time into exercise time	Trying new things
164	Gabriel Fahrenheit	Exercising in cold weather	Patience
165	Galileo Galilei	Obesity in America	Respectfully disagreeing
166	John Muir	Nature and health	Resilience
167	Dr. Daniel Hale Williams	Work your brain to make it stronger	Generosity

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