

# Welcome to the NGCP National Webinar

**STEM, Health, and Mental Health**

Tuesday, February 9, 2021

Please respond to the poll and introduce yourself in the chat.

Use the chat to ask questions, respond to one another, and share resources.



# NGCP Vision

The National Girls Collaborative Project **brings together organizations** committed to informing and encouraging girls to pursue careers in science, technology, engineering, and mathematics (STEM).



# NGCP Goals

1. **Maximize access** to shared resources within organizations interested in engaging girls in STEM.
2. **Strengthen the capacity** of programs by sharing exemplary practice research and models.
3. **Use the leverage of a network** to achieve gender equity in STEM.



# NGCP Activities



## Increased Collaboration Benefits Girl-Serving STEM Programs

Helped us better serve girls



82%

Increased girls' interest in STEM



78%

Helped my program be more effective



77%

Increased girls' confidence in STEM



77%

Source: NGCP 2015 Annual Survey

# National Network of Collaborative Teams



NATIONAL GIRLS COLLABORATIVE PROJECT

# Speakers:



## Daniel Hatcher

Director of Community Partnerships at Alliance for a Healthier Generation



## Kayla Bowman

Family Engagement Manager at Alliance for a Healthier Generation



## Nadav Sprague

CEO and President of Gateway to the Great Outdoors



## Perri Nicole Edwards

Development and Grant Coordinator at Gateway to the Great Outdoors

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ALLIANCE FOR A  
**HEALTHIER  
GENERATION**



HEALTHIER GENERATION'S APPROACH

# Whole School, Whole Community, Whole Child

(CDC, 2019)





## Our Mission

Gateway to the Great Outdoors (GGO) was developed to provide low-income students across the US equitable access to comprehensive environmental education. By combining STEAM instruction with outdoor learning, GGO enhances the quality of health, science literacy, and environmental stewardship for children who would otherwise be excluded from this transformative experience. GGO presents children an opportunity to see, hear, taste, and touch a more fascinating world than the one they've grown accustomed to.



# GGO's Environmental Education Strategies

## Weekly Classroom Lessons



## Monthly STEAM/Outdoor Outings



# GGO's Environmental Education Strategies

Overnight Camping Trips



Year-Round Mentorship



# COVID-19 Response: Go and Grow with GGO

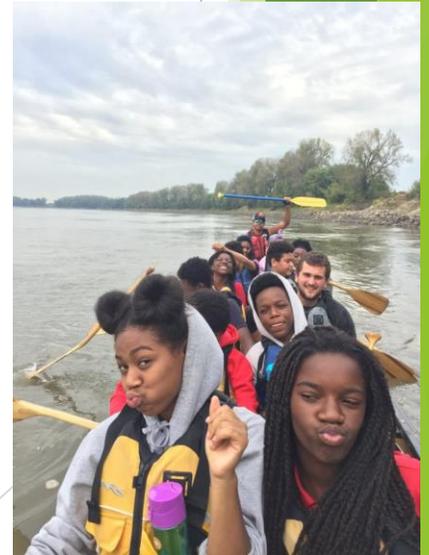
COVID-19 has forced schools to temporarily close, and transition to online learning. This is not an option for many GGO students as they may not have access to the internet, wifi, computers, or smart-devices. GGO is mitigating this accessibility gap by providing free educational S.T.E.A.M. kits consisting of urban agriculture, chemical & matter alteration, and art in nature lesson plans for students of all ages to try at home with their families. Each kits has supplies and instructions for 3 to 4 activities.



# Health and Environment Education Outcomes

GGO partners with the Brown School at Washington University in St. Louis to evaluate the success and impact of the program. Three of the seven major measures that GGO uses to evaluate the efficacy of the program are: Health-Related Quality of Life (HRQoL), STEM-capacity and STEM Test Scores, and Environmental Awareness.

To measure the success of the Go and Grow program, GGO is working with the Brown School at Washington University in St. Louis to create a survey to assess how material kits have increased educational opportunities, physical health, emotional health, and increased family time.



# Panel Q&A

ALLIANCE FOR A  
**HEALTHIER  
GENERATION**



GATEWAY TO THE  
GREAT OUTDOORS

# Activities and Resources to Promote STEM, Health, and Mental Health



# Activity #1: Meditation for a Healthy Mind



Image from: [mindful.org](https://www.mindful.org)

*Like physical health, it is important to take care of your mental health. Just like the body, the mind can get sick. And just like the body, the mind needs to heal and be healthy.*

*Remember-feeling stressed or feeling sad is okay. The best thing you can do is accept that you feel this way, do not try to push it away.*

**Step 1:** Find a spot in nature where you can sit comfortably. Write down how you are feeling at this very moment.

**Step 2:** Close your eyes.

**Step 3:** Start thinking of things that make you happy: music, your favorite food, family and friends, etc. Anything that makes you happy!

**Step 4:** Next, start to focus on your breathing.

**Step 5:** Take 5 deep breaths: inhale 3 seconds, exhale 3 seconds. As you take this time to focus on your breath, listen to your surroundings.

**Step 6:** Repeat five times.

**Step 7:** Write how you feel!

Congratulations! You have just completed 3 minutes of meditation!

## Activity #2: My Life Exhibit - Background



At 99, Betty Reid Soskin is the oldest National Park Ranger still serving in the United States. She serves at the Rosie the Riveter - World War II Home Front National Historical Park in Richmond, California.

Rosie the Riveter was a fictitious image used to encourage women to get involved in helping the World War II efforts by taking jobs associated with men at that time.

When people think about national parks, they often think of woods, mountains, and rivers. But many national parks tell the important historical stories of the country. “We have created this system of national parks, where it’s possible to revisit almost any era in our history,” Betty says. “The heroic places, the scenic wonders, the contemplative places, the shameful places, and the painful places.”

Now, consider how your unique experiences would be displayed at a National Park exhibit!

# Activity #2, cont.: My Life Exhibit

In this activity, you will create a poster, brochure, skit, or video that shares the important places, events, and traits you would want people to see and hear about to understand YOUR life.

**Step 1:** Brainstorm three places that are important to you:

**Step 2:** Brainstorm three important events in your life that are important to understanding who you are.

**Step 3:** List three things about yourself that you would share in your exhibit.

**Step 4:** Decide whether you want to create a display poster, a skit, or a video to share the things you've listed above.

**Step 5:** Create your exhibit!

**Step 6:** Share your display on social media with the hashtag **#Go&GrowGGO!**



E	A	R	T	H
 Count how many shapes you see in the clouds	 Dance to your favorite Earth Day song or playlist	 Make a do-it-yourself birdfeeder	 Listen to the wind or thunder outside; share how you feel as a family	 Write a poem about the Earth and share with an elder over the phone
 Go on a virtual national park tour	 Use modeling clay (or make your own) and sculpt an imaginary animal	 Write 3 reasons you are grateful for nature	 Read a book in your backyard or next to your window	 Practice some yoga poses in your favorite outdoor spot
 Create a sidewalk chalk obstacle course	 Share a picture of you and your family in nature on social media (tag @HealthierGen)	<b>FREE</b>	 Walk barefoot in the grass with a family member	 Find 3 different types of birds or insects
 Plant an indoor herb to use in the kitchen	 Play a game of wildlife charades	 Smell a flower, breathe deep and practice mindfulness	 Design a nature journal	 Draw or paint a picture of something near you outside
 Mail a "Happy Earth Day" postcard to a family member	 Find natural objects in each color of the rainbow	 Pick up 3 pieces of litter in your environment	 Count the number of star constellations you can identify in the night sky	 Create a family plan to reduce, reuse and recycle

*Share in the chat box which nature-based activity you already enjoy.*

*How does it support your mental health?*

Resource: [Nature-Based BINGO](#)

## 20 Family Bonding Activities

Spending quality time with family and loved ones can improve social skills, boost children's confidence and increase feelings of happiness.

### HOW TO USE

- Print and cut out the activities below, or take a picture of the page
- Add your own family ideas!
- Take turns choosing an activity to do together as a family

*How could we weave  
STEM learning into a  
DIY obstacle course  
that promotes  
physical activity?*

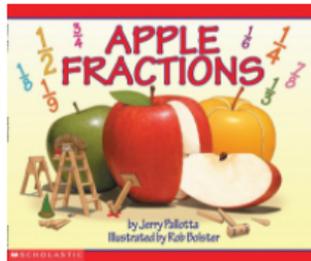


**Complete an Obstacle Course** – inside or outdoors; include items to jump over, crawl under, run around and balance on

**4. Delicious Science:** Trying foods prepared a different way can help children who are picky-texture eaters and it's a great way for [busy parents to support STEM learning](#). Discuss the science of blending, boiling, baking, and other food prep options and how it changes a child's preference. Use the "I Tried It" Chart activity above to track preferences and plan new recipes that incorporate more fruits and vegetables.

**5. Apple Math Taste Test:** For a fun hands-on activity, choose 3-4 varieties of apples. Make predictions together on the weight and measurements of each apple. For a literacy add on, read [Apple Fractions](#) and discuss while trying the different varieties.

For even more resources and ideas, visit [Healthier Generation](#).



Resource: [STEM Activities for the Picky Eater](#)



# My Vision Board

Name:

Date:

A picture of me	Something I do to be healthy	I am grateful for	What I most want to learn this year	Someone I admire
				In 5 years I want to be
My top 3 strengths	I am most proud of		What friendship feels like to me	
My family can best support me by			My teachers and mentors can best support me by	

Get more *Healthy at Home* Resources at [KohlsHealthyAtHome.org](https://www.kohlshealthyathome.org) | #KOHLHEALTHYATHOME



*How could a vision board bring more youth voice to your STEM and wellness programming?*

Resource: [Student Vision Board](#)

# Upcoming NGCP Events



**Town Hall: Saving Lives  
with Science**  
February 24, 2021

