

“Healthy Mind, Healthy Body” Fourth Grade Field Trip Supported by Baptist Health South Florida

Overview

The “Healthy Mind, Healthy Body” field trip, supported by Baptist Health South Florida, is an educational program that includes admission to the MeLaß exhibition inside the Baptist Health South Florida Gallery for a facilitated one-hour experience. It also includes access to a second exhibition gallery, which will vary according to the season. This field trip is free for all fourth-grade students in the Miami-Dade County Public Schools system.

The MeLaß exhibition is an educational health and wellness experience that helps students learn about the effects their everyday choices have on their mental and physical health. Focusing on the power of decision-making and goal setting, MeLaß allows each visitor to become the experiment through simulations that explore different outcomes, all while encouraging greater health awareness and improved conscious choices.

Educational Standards

Science Big Idea 1- The Practice of Science

- ✔ SC.4.L.17.2: Explain that animals, including humans, cannot make their own food and that when animals eat plants or other animals, the energy stored in the food source is passed onto them.
- ✔ SC.4.P.10.1: Observe and describe some basic forms of energy, including light, heat, sound, electrical and motion.

Health Education Big Idea 1 – Core Concepts

- ✔ HE.4.C.1.1: Identify the relationship between healthy behaviors and personal health.
- ✔ HE.4.C.1.2: Identify examples of mental/emotional, physical and social health.

Health Education Big Idea 5 – Decision Making

- ✔ HE.4.B.5.1: Identify circumstances that can help or hinder healthy decision making.

Background Information

MeLaß visitors get to investigate their everyday choices through five zones (Eat, Move, Relax, Connect and Learn) that offer the latest in health science and demonstrate the interrelated effects of their everyday lifestyle choices and activities. Each exhibit zone reveals how the body and mind function together, along with highlighting related current research and innovative medical technology. They also share what science says about different outcomes due to changes in behavior. Students will be welcomed into a lively and vibrant space by a trained **MeLaß** facilitator, and will then explore the area with their co-investigator, **βeta**, a digital character they get to personalize as they collect activity stamps and complete challenges in each zone.

The MeLaß zones:

EAT: Food is fuel for our bodies and our brains. Our digestive systems break down the food we eat into energy and nutrients. Our diets are influenced by external and internal factors including our emotions, social surroundings and physical environment.

MOVE: Our bodies need daily movement. Exercising regularly can have multiple physical and mental benefits including a stronger heart, a reduced risk of heart disease, and improved sleep and mood.

RELAX: Adults and children all experience different types of stress and have different ways of releasing that stress. Constant and unmanaged stress can have physical and mental health effects. Getting an appropriate amount of sleep is one way that each of us can adapt while letting our bodies rest and recover.

CONNECT: Social connections are important. The lack of social interaction and strong personal bonds can have negative effects on our physical and mental health. Technology has increased opportunities for us to connect, allowing ideas – but also disease – to spread further and faster than ever before.

LEARN: The connections in our brains are continuously shaped by our choices and experiences. Our daily behavior around diet, exercise, stress management and social interactions all impact our brain health.

Recommended Pre-Activity

 Energy Balance <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/energy-worksheet.pdf>

Field Trip Experience

The Healthy Mind, Healthy Body Fourth Grade Field Trip is a three-hour experience, offered Monday through Thursday, beginning at 10:00 a.m. Each field trip includes a facilitated experience in the MeLaß exhibition and a visit to one other exhibition that will vary depending on the time of year. Upon arrival to the museum, the teacher will be provided with a specific schedule for his/her visit. Additional information regarding field trip logistics is provided in the field trip package that each teacher will receive upon booking of a field trip. For **MeLaß**, students will be greeted by a Frost Science facilitator that will provide an introduction to the exhibition, an interactive show around energy transformations and instructions of when to have groups rotate through the **MeLaß** zones. All students will receive a **MeLaß** activity card upon entering the exhibition. As the teacher/chaperone, you may be given the cards first to distribute to your students. This card is a central part of the exhibition experience (more information is provided on page 4). Teachers and chaperones will be provided with a **MeLaß** instructional guide that helps navigate the exhibition while highlighting key activities in every zone (page 5).

Sample Day Schedule

(Exact schedule and times subject to change, based on availability)

10:00am	Arrival
10:15am-11:15am	MeLaβ Facilitated Experience
11:30am-12:00pm	Lunch
12:00pm-12:45pm	Visit to Another Exhibition
1:00pm	Dismissal

MeLaβ Facilitated Experience (60 minutes)

Prior to arriving at MeLaB please make sure to split your classroom in 6 groups or less. We recommend that no group has more than 25 students at a time.

Welcome to MeLaβ: A Frost Science Facilitator will kick off the MeLaβ Facilitated Experience by greeting students and providing brief instructions on how to navigate the space.

MeLaβ Energy Show: A facilitator will introduce energy transformations, explain how energy works in our bodies and then put those concepts into action through a friendly dance competition.

Explore the 5 Zones: Students and chaperones will rotate in their respective groups across the five MeLaβ zones, including the βeta Station where they'll get to create their very own βeta! Teachers and chaperones are encouraged to use the MeLaβ How to Guide on page 5.

Wrap-Up: Before departing, students will gather again at the dance floor for some takeaway messages on engaging in healthy behaviors at home and in school. They'll also receive instructions on how to revisit their βeta and goals by using their MeLaβ card at school and/or at home.

Recommended Post-Activity

- MeLaβ 3rd-5th Grade Field Trip Materials, Post-Activity "SMART Goal Setting", pages 10-17:
<https://www.frostscience.org/resource/melab-grades-3-5/>

Additional Resources

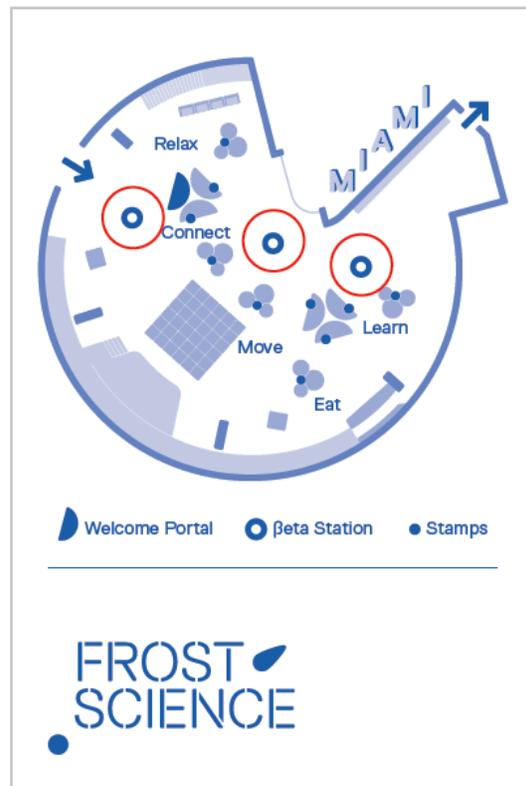
- KidsHealth in the Classroom, Human Body Series Sleep Activity
http://classroom.kidshealth.org/classroom/3to5/body/functions/sleep_handout1.pdf
- KidsHealth in the Classroom, Health Problems Series Concussions Activity
<http://classroom.kidshealth.org/3to5/problems/conditions/concussions.pdf>
- MyPlate and Healthy Bodies
http://www.dineforlife.org/resources/Healthy%20Bodies%20Lesson_4th.pdf

How to Use a MeLaβ Activity Card

1. Make sure each student has a MeLaβ activity card.
2. Use MeLaβ activity card to collect activity stamps in each zone.
3. MeLaβ activity card will be used at a βeta Station, where each visitor can create a profile and customize a βeta (the exhibition's digital co-investigator).
4. Make sure students keep and take their MeLaβ card home with them. They may visit melab.frostscience.org and insert the code at the bottom of their card to revisit their βeta and their goals, and access resources on MeLaβ's 5 zones.



Front of MeLaβ card.



Back of MeLaβ card.

MeLaβ How-To Guide: Navigating the 5 Zones

Welcome to MeLaβ! Where YOU are the experiment!

Every day we make choices that impact our physical and mental health. In MeLaβ, each student will have the opportunity to rotate through five zones and a Beta Station that allows them to engage in simulations that explore different outcomes, all while encouraging greater health awareness and improved conscious choices.

Here are some tips you can use while in the following zones:



βeta Station: Scan your card by matching the card outline with the screen. Start by answering a couple of health and lifestyle questions and then create your own βeta!

Collect stamps around the exhibition and check back in to any βeta Station throughout your visit to earn accessories for your βeta.



Eat Zone

Fuel Up! table: Explore and learn how different types of food (proteins, carbohydrates and fats) are broken down and used by the body for energy. Push the gray lever and use the cube selectors to travel down various stations in the digestive track.

Science Bar: Enjoy demonstrations that take a bite out of topics such as neurobiology, perception, food science and more.



Move Zone

Dance Floor: Bust a move and contribute towards the next community step goal! Our dance floor computer counts the number of steps and analyzes how many calories are burned by walking a certain distance. Remember every step counts!



Relax Zone

Relax Pods: Take a seat, insert your finger into a heart rate sensor and see how your body may respond to different sounds—you may find that some are more soothing than others.



Connect Zone

Going Viral rectangular table: There's been a flu virus outbreak in the city! Will you help prevent or promote the spread of the flu? The choice is yours.



Learn Zone

Map the Action table: See how researchers are using MRI data to investigate how our brain's activity varies according to the choices and activities we partake in.

We ask teachers and chaperones to split into groups of no more than 25 prior to visiting MeLaβ and rotate their group from zone to zone according to the exhibition facilitator's instructions.