Week 5: Grades 6-8

MINDS-ON MONDAY
Explore digital lessons that get you thinking.

TUNDRA TUESDAY
Learn more about polar bears, the arctic, and how you can help protect our environment.

whelmers’ WEDNESDAY
Get hands-on as you engage in the scientific thinking process.

THURZDAY SKILLZ DAY
Apply your thinking skills to real-world questions.

FIELD TRIP FRIDAY
Go on virtual field trips to amazing destinations.

WEEKEND CHALLENGE
Watch Clearing the Air, the Be Vape Free Virtual Field Trip on-demand!
Explore a real-world virtual learning opportunity to get the facts on the vaping epidemic and gain powerful insights as several teenagers share their firsthand experiences of successfully avoiding e-cigarettes, learn how to think critically about everyday influences like advertising and social media, pick up effective refusal skills and debunk common myths with a health professional.
Minds-On Monday
1. Find a tall clear glass container you have in your home.

2. Measure out equal amounts of seven or more different household liquids into seven different cups. Here are some ideas for liquids that you may have around your home: honey, maple syrup, corn syrup, dish soap, milk, water, ice cube, vegetable oil, baby oil, lamp oil, and rubbing alcohol.

3. Pour each liquid carefully into the center of the tall glass container so that it does not touch the sides of the container. You may wish to add food coloring to clear or white liquids for dramatic effect. Bonus: Carefully drop solid objects in your liquid. Try dice, ping-pong ball, popcorn kernel, a bolt, bottle cap, etc. How might you separate these liquids? Why don’t the liquids mix?
Tundra Tuesday
Watch An Earth Day Visit with Polar Bears where you’ll learn the top ten things you need to know about these amazing animals.

Then, think about what you can do locally to help polar bears. You can Speak Up for polar bears by creating a post card that you send to your local representatives, or even to a friend, about what you learned.
Talking points on the need for climate action:

- A polar bear's life cycle is almost exclusively tied to the sea ice. Polar bears rely on the sea ice for hunting, traveling, breeding, and denning in some regions. Sea ice loss from climate change is the single biggest threat to polar bears.
- Sea ice is to the ocean what soil is to a forest: it supports the entire Arctic food chain. Sea ice also acts as the earth's air conditioner, helping to keep our planet cool.
- When we burn fossil fuels for energy, we add more and more carbon dioxide into the atmosphere. This build-up acts like a blanket that traps heat around the world, disrupting the climate and melting Arctic sea ice.
- We can safeguard the future of both polar bears and people by making a swift transition to energy sources that don't add heat-trapping gases to our atmosphere.

Let your representatives know you support civic leaders who commit to:

- Investing in programs that make renewable energy affordable and accessible across communities.
- Supporting municipal commitments to reduce the number of vehicles overall by adding car-sharing and carpool programs and providing incentives to use public transportation.
- Joining cities, provinces, and countries all over the world in setting new standards for how we construct buildings.

Download SPEAK UP for Polar Bears
Whelmers’ Wednesday
Balloon Electroscope

Be whelmed! Use balloons to make an electroscope and witness the effect of static charges before your very eyes!

Young Scientist Lab: Balloon Electroscope

Check out 3M Science at Home for more virtual experiments!

BONUS CHALLENGE

Do you have an idea that could solve an everyday problem? Enter the 3M Young Scientist Challenge by May 7 for a chance to win a $25,000 prize and a mentorship with a 3M scientist! It only takes an idea and a one-to-two-minute video to enter. Find your inspiration with helpful tips and more!
ThurZday SkillZ Day
In this digital exploration from Ask, Listen, Learn in partnership with Discovery Education, you will learn about the effects of alcohol on your brain. You can use this information to make informed and responsible decisions when confronted with peer pressure to drink alcohol.

Then practice your refusal skillZ with a sibling or parent/guardian in a role play activity.
### Role Play Scenarios

**Directions:** Cut the scenarios into strips before distributing to students.

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Refusal SkillZ</th>
<th>Download the role play activity</th>
</tr>
</thead>
</table>
| Your parents are going out to dinner and a late movie tonight. Your friends want to come over while they are gone. You are worried they may pressure you to drink alcohol, but you don’t want to because you don’t want to anger or disappoint your parents. | **Refusal SkillZ**  
You say, “I don’t want to drink because I know it’s not legal or safe for me.” | **Download the role play activity** |
| You are spending the night at a friend’s house when his older sister invites you to try alcohol with her and her friends. | **Refusal SkillZ**  
You say, “I don’t want to because it’s not safe or legal for me.” | **Download the role play activity** |
| Some older kids show up at the basketball court with alcoholic beverages. They offer you and your friend one. You want to leave, but your friend says, “I don’t want to look like a baby.” | **Refusal SkillZ**  
You say, “I don’t want to because I know it’s not legal or safe for me.” | **Download the role play activity** |
| You go out to dinner with a friend and her parents. The parents invite you to taste their alcoholic beverage. Your friend says, “It’s okay. I do it all the time.” | **Refusal SkillZ**  
You say, “I don’t want to because I know it’s not legal or safe for me.” | **Download the role play activity** |
| You are at a party with several friends. You see a friend encouraging your best friend to drink alcohol. You know he doesn’t want to drink because it’s illegal to drink underage and he doesn’t want to get in trouble. | **Refusal SkillZ**  
You say, “I don’t want to because I know it’s not legal or safe for me.” | **Download the role play activity** |
| Your parents are going out to dinner and a late movie tonight. Your friends want to come over while they are gone. You are worried they may pressure you to drink alcohol, but you don’t want to because you don’t want to anger or disappoint your parents. | **Refusal SkillZ**  
You say, “I don’t want to because I know it’s not legal or safe for me.” | **Download the role play activity** |
| You are spending the night at a friend’s house when her older brother invites you to try alcohol with him and his friends. | **Refusal SkillZ**  
You say, “I don’t want to because I know it’s not legal or safe for me.” | **Download the role play activity** |
| Some older kids show up at the basketball court with alcoholic beverages. They offer you and your friend one. You want to leave, but your friend says, “I don’t want to look like a baby.” | **Refusal SkillZ**  
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Field Trip Friday
Navigating Nuclear

Journey to the leading nuclear research facility in the country, Idaho National Laboratory. Step inside a nuclear reactor, explore unexpected careers in nuclear science, and see what the future may hold thanks to advances in nuclear capabilities.

Navigating Nuclear Virtual Field Trip
Applications of Nuclear Science Brainstorm Web

Instructions: As you watch the video, list features of the Palo Verde nuclear plant that make it unique and safer than the Fukushima plant.
References

**Minds-On Monday**
STEM Careers Coalition
https://stemcareerscoalition.org/
https://stemcareerscoalition.org/parents-and-guardians

**Tundra Tuesday**
Polar Bears International
https://polarbearsinternational.org
Earth Day Visit: https://tinyurl.com/yd94wszo
SPEAK UP: https://tinyurl.com/y837p9ue

**Whelmers’ Wednesday**
3M Young Scientist Lab & Challenge
https://www.youngscientistlab.com
https://www.youngscientistlab.com/challenge/about
Balloon Electroscope: https://tinyurl.com/ybx82j9f

**ThurZday SkillZ Day**
*Ask, Listen, Learn* in partnership with Discovery Education
https://www.discoverbrainbodybehavior.com/
Digital Exploration and Role Play Activity
https://www.discoverbrainbodybehavior.com/parents#DigitalExplorationFamilyActivity

**Field Trip Friday**
Navigating Nuclear
https://navigatingnuclear.com
VFT: https://navigatingnuclear.com/nuclear-reimagined-vft
Student Handout: https://tinyurl.com/yddnwnrt

**Weekend Challenge**
Be Vape Free
https://www.bevapefree.org/virtual-field-trip/