

Discovery Health Night

Host a Family Science Night at your school & access health in a whole new way!

Family Night Programs:

- Encourage cooperative learning among students, parents, and teachers
- All activities are aligned with Florida Sunshine State Standards set in each subject
- Introduce health concepts and themes with fun, hands-on approach
- Develop communication and problem-solving skills
- Present experiments and activities that supplement formal school curriculum
- Provide activity ideas that can be repeated at home for further discovery
- Reinforce the idea that everyone can be a scientist

Family Science Night includes:

- 15 hands-on stations complete with instruction cards
- A variety of health topics, including: digestion, body systems, importance of exercise, and more!
- Supplies for up to 300+ participants (amounts based on suggested usage)
- One Orlando Science Center staff member to oversee your event and provide training for your site's 15 volunteers
- Set-up and tear-down assistance in your cafeteria, auditorium, or other large
- Passport worksheets to encourage student participation
- A raffle prize of 4 Orlando Science Center Ultimate Adventure Tickets (passports used as drawing entries) to one lucky participant

Interactive station titles may include:

- Weigh It Out
- Dive Into Digestion
- BIG vs. little
- Bad to the Bone!
- Super Skeleton
- Heart Highways
- Pyramid Power
- Fat Finder
- Healthy HeartsParachute Party
- I'm Immune!
- Health Detective
- Young Yogis
- Gross Anatomy
- Nifty Nervous System

(Stations are subject to change and based on availability. OSC staff will select 15 stations prior to event.)

Program time is 90 minutes.

NGSSS Alignment: HE.P.1.2; HE.C.1.1; HE.C.1.2; HE.C.1.6; HE.C.2.2; HE.B.1.1; HE.B.2.4; HE.B.3.1; SC.L.14.1; SC.L.17.1; SC.L.17.2

Download the **Discovery Health Family Take Home Activity!**