



the experience

Student Guide

Name _____



Instructions: Assemble the first 2 pages into a booklet to use during your visit; then use your observations to create a story on the last page.

1

Experiment with the **Your Future** area of the exhibit.

What is one thing **you** want to do in the future?

2

Get moving! Jump in the *Hamster Wheel* or train with the virtual coach on the big screen.

How did these activities make **you** feel?

3

Explore the **Your Appetite** area of the exhibit.

Think about what **you** eat every day. Is it easy or hard for you to eat healthy? Why?

4

Investigate the **Your Mind and Your Vitality** areas of the exhibit.

How can **your** mind and thoughts affect your health?

5

Explore the **Medical Innovations** area of the exhibit.

Which medical breakthrough do you think will have the greatest impact on people's lives? Why?

6

Examine the human body specimens within the exhibit, including the prenatal development gallery.

Explain one new thing you learned about **your** body.

7

Identify and explain one thing in *YOU! The Experience* that inspires **you** to live healthier.

8



Story by:

Using the information collected in your booklet during your visit to MSI, write your own story below.



YOU! The Experience made
me feel ...

I realized that I ...

I learned ...

Here's a picture and description of how I
can improve my health:

I wonder ...

