

Day 1: Introduction

Objective: You will learn about the process of identifying a problem and creating possible solutions, such as creating green spaces in urban or rural areas as a way to improve individual and overall community health.

Rationale: We will help you to explore the value of taking action for change in your local community, starting with visualization, what this project could look like for you.

Goal: Understand the word “community” and what it means to different people.

Introduction: Think about, and visualize, your own community. Picture the good with the bad. Then think about how you could contribute to positive changes in your community.

For any project in life, we must progress through stages from start to finish. Here, you will study the 5 stages of the writing process as described by Purdue’s Online Writing Lab. We will refer to, and apply, each of these stages as we progress through our problem-solution project throughout this unit.

Key Terms: Infrastructure, community, green space, cortisol

Materials & Resources: Paper, pencil
 ELA: [Stages of the Writing Process](#)

ACTIVITIES:

Social Studies

- **Create** an idea-web. Write the word “Community” in the center. Create idea-stems about what community means to you.
- **Define** the words: **infrastructure***, **community***, **green space***
- **Respond** to the following questions underneath your idea web:
 - What are some of your community’s strengths?
 - What are some of your community’s weaknesses?
 - How do you think people in your community would interact with a green space/nature space?
 - How could it potentially improve community cohesion?

ELA

- **Take notes** while reading ELA Resource 1 “Stages of the Writing Process”
 - List the 5 stages of the writing process, and
 - Write 1-2 sentences that best capture the most essential information for each stage (*such as a definition or the key “how-to” for that stage.*)

MATH

- **Create** a list of 3-5 ways math can be used in each of the following settings: **grocery store, kitchen,**

traveling, personal finance, time management, building a park.

- **Describe** how you think math can be used to elicit, or generate, change in your community. Provide at least one example.

SCIENCE

- *Cortisol is made by your adrenal glands - two small glands that sit on top of your kidneys. It is an essential hormone that helps you deal with stress. Cortisol also helps to limit any functions that aren't essential in a fight-or-flight situation. Once the threat passes, your hormones return to their usual levels. This whole process can be a lifesaver.*
But when you're under constant stress, this response doesn't always turn off. Long-term exposure to cortisol and other stress hormones can wreak havoc on almost all of your body's processes, increasing your risk of many health issues, from heart disease and obesity to anxiety and depression.
- **Make a prediction** to explain the relationship between exposure to *green space/nature* and cortisol levels in the brain. How might this affect someone's stress levels?