HELLO VOLUNTEERS!

Thank you for volunteering for our COSI On Wheels program. **The Incredible Human Machine** is one of six traveling assemblies/hands-on experiences for students in grades K-6. the students will learn the importance of making decisions that will improve their long term well-being. Here are some things you can look forward to on the day of the event.

The day begins with a 45-minute assembly introducing the students to a variety of human body systems, nutrition, and fitness. The COSI Educator is a "mechanic" who will fix the 'COSI engine' by comparing it with the human body. During the assembly the students will explore how the brain functions, discover more about nutrients, and examine the difference between cardiovascular and resistance training. The assembly is followed by hands-on activity sessions during which the students can further enhance their knowledge of health and nutrition.

The COSI On Wheels experience is designed to encourage children to ask questions and explore science. Your role during the day will be to help guide students during the hands-on sessions. You do not have to be a science expert to be a COSI On Wheels volunteer. We would like *everyone* to have fun and learn on the day of the program, including you. Be sure to dress comfortably because you may be on your feet for the better part of the day!

Prior to the assembly you will be given an orientation so that you can become familiar with the activities, which are listed on the back of this letter. It is important to be on time for this orientation because we have only 45 minutes to get to know each other and learn about all of the activities. COSI On Wheels has six different program topics, so we rarely bring the same program to a school two years in a row. Even if you have volunteered for us in the past it is important to attend the orientation to learn the new information about **The Incredible Human Machine.**

Above all, you should know that you are a vital part of this COSI On Wheels experience. It is impossible for **The Incredible Human Machine** to be a success without you. We at COSI, as well as the students and faculty at your school, appreciate your time, energy, and support. Be prepared for a day filled with science, learning, and FUN!

Sincerely,

The COSI On Wheels Team

Top 10 Things Every COSI On Wheels Volunteer Should Know

10) Get excited! The students get out of the experience what the volunteer puts into it. Your energy is contagious, as is theirs!

9) Wear comfortable shoes! You may be standing, stooping, bending, or leaning for long periods of time.

8) Layer, layer, layer! Sometimes the gym feels like you've just stepped off an airplane at the equator, while other times your lips turn blue from the frosty air. You can never tell what the temperature in the gym will be!

7) Bring water. You will be talking with the students all day, and it is quite refreshing to have something to wet your whistle throughout the day.

6) Ask questions! To the students, yourself, and the Educator. You are not expected to know all of the answers. In fact, it is a much more rewarding experience to have the students discover the answers through experimentation. You will be surprised at how a student will jump right into something to try to answer their own question.

5) Keep your hands clean. This can be a tough one, but make sure it is the students that are doing the experimenting, and the clean up!

4) Don't underestimate the abilities of the students. It's okay for them to try and fail, then try again.

3) Have fun! This is an informal setting with very active experiments. The kids love trying things for themselves while learning at the same time!

2) Learn! Regardless of your experience, there are plenty of opportunities to learn new things. This is a very fun way to expand your brain.

And the #1 thing you should know is……

1) Thank you, thank you, thank you! We could not do this without you. Your time and effort is very much appreciated and you have really made a difference in a child's life!

THE INCREDIBLE HUMAN MACHINE HANDS-ON ACTIVITIES

Brain Games:	Students explore the limits of the nervous system through a series of 'brain games' designed to trick your brain.
Build a Meal:	Students explore nutrition labels and food to build a well balanced meal.
Let's Dance:	Students discover that exercise is anything that gets their bodies moving by combining dance with video games.
Mr. Bones:	Students learn facts about bones while assembling a life-size puzzle of the human skeleton.
Spot the Starch:	Students will complete a simple experiment to discover which foods possess the nutrient starch, and which food does not possess starch.
Take A Closer Look:	Students use a 'scope on a rope' to investigate human tissues and cells.
The Food Feud:	A trivia game where students learn about the food pyramid, the digestive system, and other entertaining body facts.
What's Your Number:	Students discover how physical activity helps their hearts, and learn to take their own pulse.
Sticks and Stones:	Students will examine x-rays of healthy and broken bones.