



Guiding Questions

YOU! The Experience challenges students to think about how and why they make choices that impact their health. These guiding questions can be used before, during or after your Museum visit to spark a discussion about health and lifestyle issues. The questions are organized by sections of the exhibit, starting at the Blue Stairs.

Your Future

- What lifestyle factors can affect the way your facial features might change with age?
- How do your choices affect your appearance?
- What is the relationship between making good choices and being healthy?
- What items on your list of “100 things to do ...” can you do today?

Your Beginning

- What are some important phases of prenatal development?
- How does a woman’s body change when she is pregnant?

Your Movement

- How do you feel after exercising?
- How can you overcome challenges that prevent you from exercising?
- How does exercising help your body?

Your Appetite

- What are some challenges you need to overcome to eat healthy?
- What does the food desert map tell you about your neighborhood?

Your Heart

- What are some lifestyle choices that can affect the health of your heart?
- Why is heart disease the No. 1 cause of death in the United States?

Your Mind

- What influences you when you make decisions?
- How does your mind affect your body?
- How are you influenced by advertisements?

Medical Innovations

- What motivates scientists to create new medical innovations?
- Can you think of a medical breakthrough that has not been invented yet?

Your Vitality

- How do you feel when you don’t get enough sleep?
- What can you do to control stress?
- Is relaxation a state of mind or body?
- What is happiness, and how do you achieve it?