

# SCIENCE TOGETHER GUIDEBOOK

An exploration of housing, family, and self.

NAME: \_\_\_\_\_



MUSEUM  
of LIFE +  
SCIENCE



NEIGHBORHOOD  
IMPROVEMENT SERVICES  
CITY OF DURHAM

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# BUILDING CAPACITY FOR CO-CREATED PUBLIC ENGAGEMENT WITH SCIENCE (CC-PES)

## Who

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Nationally this project was taken on by The Museum of Science, Boston Oregon Museum of Science and Industry, The Museum of Life and Science.

## What

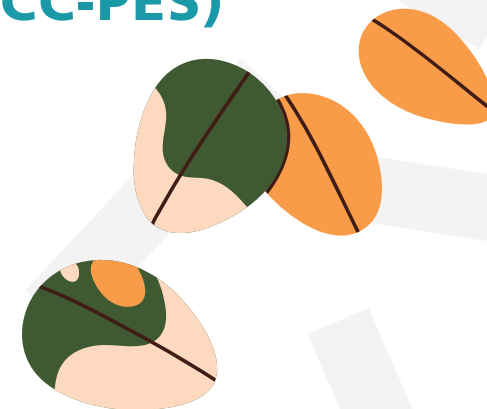
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The project originated with the Museum of Science, Boston receiving a generous grant from the National Science Foundation. Because of the grant, the museum partnered with other leading science centers to “encourage public engagement with science, as well as open dialogue with local community, civic, and scientist partners.”

## Where

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After this project is complete, we’ll continue to build trust with families through continuous programming. We want families to know we are here and support them.



## Why

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To facilitate conversations between community members and civic leaders on scientific topics of community interest.

## When

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MLS & FMF have been working together on the CCPES project since 2019, but our partnership has thrived long before then.

# THANK YOU

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**We've been building our relationship for over two years now, and we cannot thank you enough for being open to conversations of Affordable Housing in Durham.**

**Thank you** for being vulnerable during a time of uncertainty.

**Thank you** for trusting us with your experiences so we can better understand how to best help you.

**Thank you,** because your time is precious, and you didn't have to spend it with us.

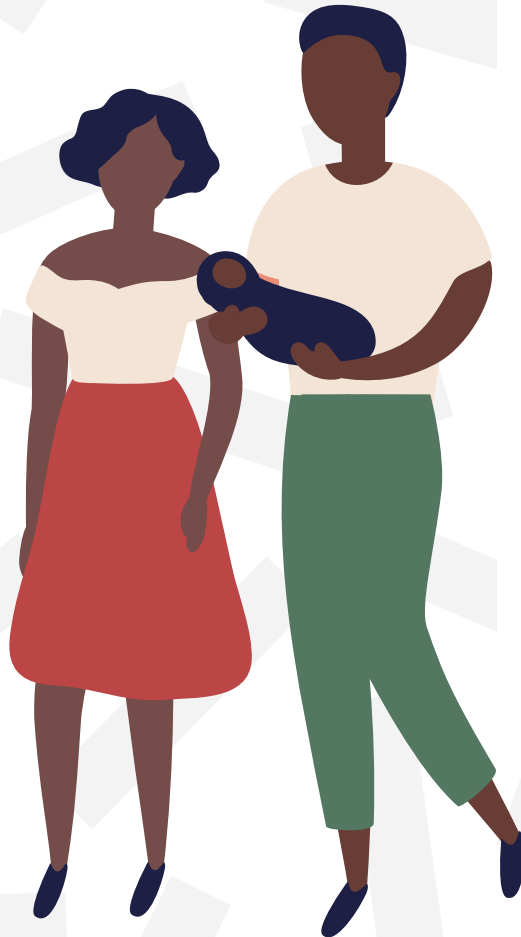
**Thank you** for correcting us when we misunderstood.

**Thank you** for being present.

**Thank you** for taking the leap to trust us.

**Thank you** for being on this journey with us.

**Thank you, for being amazing human beings.**



# What are our objectives?

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- To provide a resource where you can capture your thoughts or feelings about the topic of Affordable Housing in our Durham community.
- To provide insight on what is Building Capacity for Co-Created Public Engagement with Science (CC-PES).
- Give you the space to reflect and take a moment to yourself through various forms of self-care.

Good housing is a **human right.**

Housing affects **your health.**

# Why Mindfulness?

## Still not convinced mindfulness will help?

Review the benefits of mindfulness that scientists and doctors have discovered:

- Increased Awareness
- Improved Focus and Attention
- Improved Management of Disappointment, Anger, and Other Emotions
- Decreased Stress and Anxiety
- Increased Feelings of Kindness and Compassion

**Mindfulness means** paying attention, on purpose, to what's happening around you and inside you right now, without labeling things as good or bad. This kind of observation gives you present moment awareness. Mindfulness is also a way of discovering and accepting who you are and how you react to the world. You become curious about your inner experiences in a friendly way, and you can use your awareness to be kind to yourself.

# Reality Check!

## Deep Inhale, and Exhale

This section is meant for you to take a moment for yourself. Sometimes tasks can take up our day but this is your time to bring yourself to yourself.

## What are you grateful for in this moment?

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## What's something that made you smile today?

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# Deep breathing

## Deep Breathing:

a relaxation technique performed by purposefully taking slow, deep breaths. When practiced regularly, deep breathing provides both immediate and long-term relief from stress and anxiety.



## How Deep Breathing Works

During periods of anxiety, the body triggers a set of symptoms call the **stress response**. Breathing becomes shallow and rapid, heart rate increases, and muscles become tense, In opposition to the stress response is the **relaxation response**. Breathing becomes deeper and slower, and the symptoms of anxiety fade away. Deep breathing triggers this response.

## Instructions

Sit back or lie down in a comfortable position. Close your eyes, if you would like to do so. When you're learning, try placing a hand on your stomach. If you breathe deeply enough, you should notice it rising and falling with each inhalation and exhalation.

## Inhale.

Breath in slowly through your nose for 4 seconds.

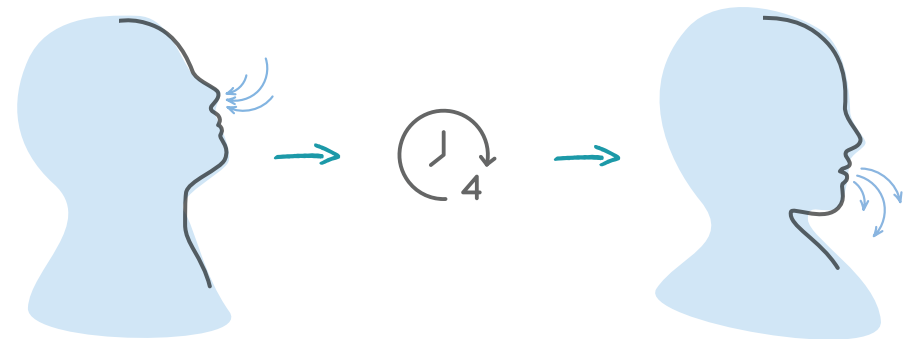
## Pause.

Hold the air in your lungs for 4 seconds.

## Exhale.

Breath out slowly through your mouth for 6 seconds.

Tip: Pucker your lips, as if you are blowing through a straw, to slow your exhalation.



## Repeat.

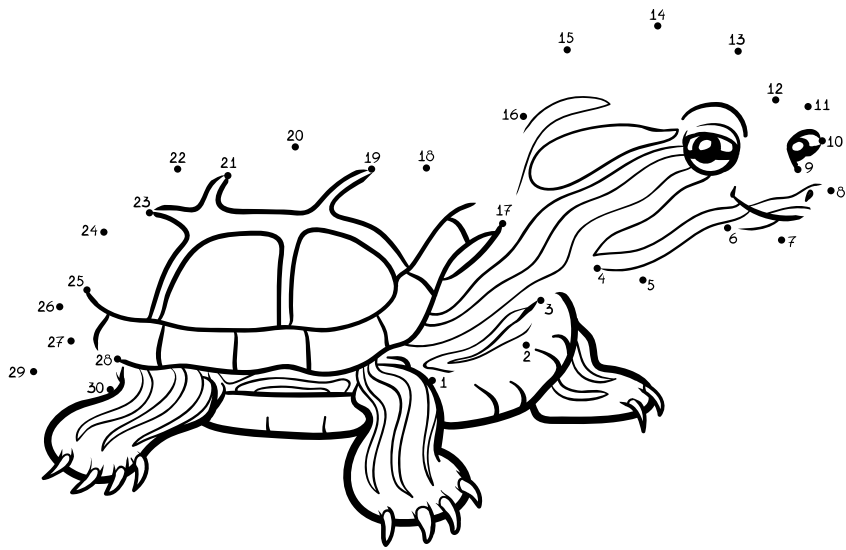
Practice for at least 2 minutes — preferably 5 to 10 minutes.

## Tips:

- If it isn't working, slow down. The most common mistake is breathing too fast. Time each step in your head, counting slowly as you do.
- Counting our your breaths serves a second purpose. It takes your mind off the source of your anxiety. Whenever you catch your mind wandering, simply return your focus to counting.
- The times we use for each step are suggestions, and can be lengthened or decreased. Lengthen the time if it feels natural to do so, or decrease the time if you feel discomfort.

# Connect The Dots

Use counting to uncover the picture, then color it!



# The Fair Housing Five & The Haunted House

Samaria and her friends like everything about their clubhouse except the haunted house across the street. But when Samaria and her mother need to find a place to live, they realize they are dealing with a much bigger problem than ghosts or monsters. Join the Fair Housing Five as they work together to take creative action against housing discrimination in their community. You can access the book at the QR Code below. Once you've completed the video, we encourage discussing it with your family and questions are provided for assistance.

**SCAN ME!**



Or visit:  
[qrco.de/bdLROQ](http://qrco.de/bdLROQ)

## ***Read before proceeding:***

Pages 10-14 and 21-22 include activities that may be triggering for some. There is a deep breathing exercise available on page 7 & 8.





# The Fair Housing Continued

The following conversation facilitation guide is suggested for kids ages 9 and above; however, we recognize that you know your family best and encourage to use your discretion.

The book we read was filled with discrimination.

**The definition of discrimination is the unjust treatment people based on their identity.**

## Check In:

What does this definition make you think or feel?

How would you describe discrimination?

How do you think housing discrimination could impact your family? Your neighborhood? Or your school?

As we know, diversity is a core democratic value – think of your friends and some ways you’re alike and different.

What are some examples?

## How could Affordable Housing and Science be connected?

use this page to process what you are feeling so far. It’s your choice how you wish to express it. Use words or images.

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# Break Time

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Use this space to write or draw whatever you want.



# Adult Activity

## Body Scan

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It might seem a little bit strange, but most of us don't listen to our bodies with the attention they deserve. The body scan is a great mindfulness activity that helps us slow down, and reconnect with our physical vehicle. It is a good idea to do this activity in a relaxed setting where it is possible to lay down comfortably. Inside would be fine, but a natural space with soft grass would also be great. To begin the body scan, find a comfortable position, such as laying on the floor or sitting in a chair. The position isn't important, but it should be comfortable to hold for 20+ minutes.



# Adult Activity

## Body Scan

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1. Once you are in a comfy position, begin to focus on a part of your body. The breath should be used as a way to establish initial focus, much like some forms of meditation. It is best to be still during this exercise and in a relaxed place.
2. After the breath comes into focus, become aware of how your body feels. Take note of any soreness, or just how clothing feels. Once this awareness is held for a minute or two, the body scan can begin.
3. Focus on a specific part of your body. Many people begin with the toes or feet, but if you have your own ideas, go for it. The awareness is held in a specific area for a minute or two and then shifted on.
4. Once the entire body has been given mindful attention, the focus can be brought back to the breath for a few minutes. The energy in the room is likely to be extremely relaxed, so a few moments of relaxed breathing should feel great. Note any feelings that seem out-of-the-ordinary.



# Planting Pollinator Gardens

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## *Think About This!*

Do you know what a pollinator's job is? Can you think of some pollinators you may have seen before? Pollinators are animals (from bees and butterflies to hummingbirds and even bats!) that move pollen from one flower to another while they feed on nectar, helping the plants reproduce. While natural forces like wind and water also play important roles in the pollination of some plants, our planet would look completely different without our pollinator friends. Believe it or not, we can thank pollinators for about one third of the food that we eat and up to 95% of the flowering plants on earth! Unfortunately, many pollinators are in danger. Things like disease, habitat loss, and especially the use of chemical pesticides are seriously threatening pollinator populations around the world. However, with our help, these awesome species have a better chance of recovering. By planting some beautiful flowers, we can provide our local pollinators with some delicious nectar.

## Materials

- 1 Biodegradable plant pod
- 1 Plastic plant pot
- Soil
- Stickers
- Seeds
- 1 Pipette
- 1 Spork
- Miracle Grow Plant pod

## Preparation & Safety

Do not ingest any Miracle Grow Plant Food pod materials.

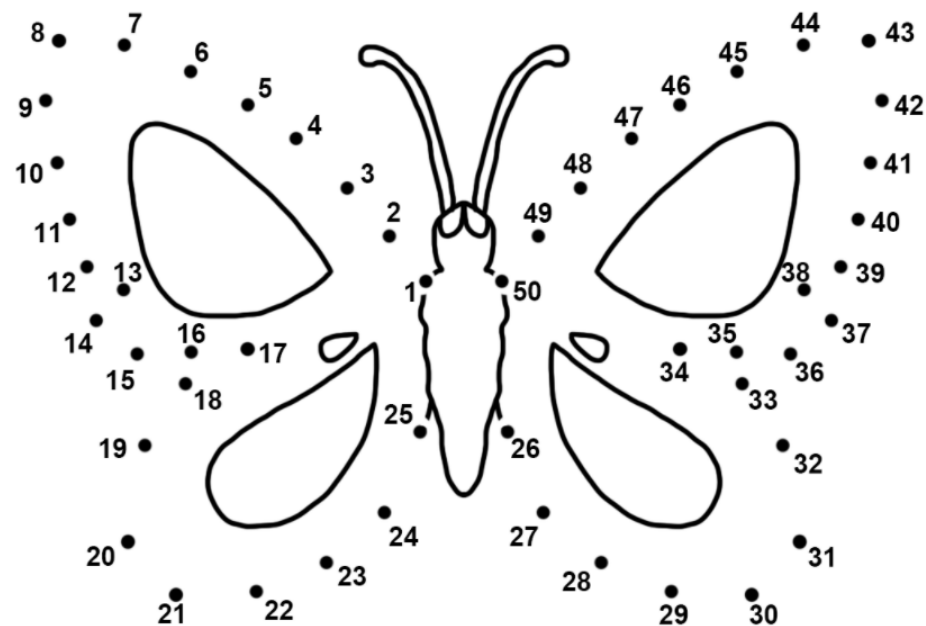
# Planting Pollinator Gardens con't

1. **Let's Do This!**
2. Lay down a tray, piece of newspaper, or paper bag for easy clean-up.
3. Start decorating the plastic pot! You can use stickers and other fun materials to make it your very own.
4. Set the plastic pot aside.
5. Fill your biodegradable pot about 2/3 of the way with soil.
6. Sprinkle some seeds on top of the soil – if you plant too many, they might not all have room to grow.
7. Cover the seeds with a light layer of soil (you don't want to fill the pot all the way to the top)
8. Place your biodegradable pot inside the plastic pot you just decorated.
9. Add Miracle Grow Plant pods and water your seeds!
10. Place the pot in an area that gets plenty of sunlight to help them grow.
11. Over the next few weeks, have fun watching your seeds sprout and grow! Be sure to water them about once a week, or whenever the soil feels dry.
12. Once your flowers have gotten bigger, you can transplant them into other pots or plant them outdoors for your pollinator friends to enjoy!



# Connect The Dots

Use counting to uncover the picture, then color it!



# Houses Can Look Different

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# Houses Can Look Different

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On the previous page you see a selection of houses to choose from. Pick 1 to color. (You can color the rest later.) Talk about the questions below with your child. We have separated them based on age, but please use your own discretion.

## Ages 4-8

- Why did you pick this house?
- What do you like about it?
- What don't you like about this one (point to a house they didn't select)

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## Ages 9+

- Why did you pick this house?
- What do you imagine the neighborhood around it looks like?
- What do you think the inside looks like?
- Why didn't you select this one? (Point to a house they didn't select)
- Ask questions 2 & 3 about a house they didn't choose.

# Relax

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Take some deep breaths. use this page to process what you are feeling so far. It's your choice how you wish to express it. Use this space to write or draw whatever you want.

## Adult Activity Self Compassion Session

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It might seem a little counterintuitive, but many people who learn mindfulness and healing tend to forget themselves. All that great caring energy is projected on to others, and the person who is making it happen gets forgotten (by themselves!). We need to be compassionate to ourselves, and a self-compassion session can be a good tool for making that happen. Suffering is universal, so finding something to use self-compassion for should be pretty simple. There are many ways to do this mindfulness-building exercise, and a basic form is given below. It is a good idea to do a little bit of mindful breathing before the exercise starts, as thinking about suffering tends to get us a little riled up (stress response).

# Adult Activity

## Self Compassion Session

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**1.** It is a good idea to have something you can write with and one. Once you are sitting in a comfortable position, you can start writing out something that has been painful. There is no limit to what could be the subject of self-compassion; it could be a parking ticket, or a life challenge.

**2.** Think about a time when a friend or family member was going through a hard time or felt bad about themselves. What did you do in that situation (how did you act, what did you say, what tone did you use)?

**3.** Now reread what you wrote about something that is painful to you. What did you do in that situation (how did you act, what did you say to yourself about the situation, were you selfcritical or kind)?

**4.** Is there a difference between how you treat a friend who is suffering and how you treat yourself? If so, why?

**5.** How could you treat yourself more like you would treat a loved one the next time you are suffering or feel "not good enough"?

# Reality Check!

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## Deep Inhale, and Exhale

This section is meant for you to take a moment for yourself. Sometimes tasks can take up our day but this is your time to bring yourself to yourself.

## What's one kind or thoughtful thing someone did for me recently?

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## How have my spiritual beliefs or practices fulfilled me recently?

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# Five Sense Scavenger Hunt

**Recommended for kids, but encouraged for all ages!** Most kids love a scavenger hunt, and this one is specifically designed to encourage mindfulness by engaging all the senses.

All you need is an environment for exploration. Here are the steps to follow:

- 1. Listen.** Name one thing that you hear when you listen with your ears. What does it remind you of?
- 2. Look.** Name one thing that catches your attention when you look around. What does it remind you of?
- 3. Smell.** Name a scent that you notice when you take a sniff with your nose. What does it remind you of?
- 4. Touch.** Name an object that you enjoy feeling with your hands. What does it remind you of?

If you want to add in the sense of taste, simply supply a few snacks, and name flavors they enjoy, like sweet, salty, or sour.

## WHAT WOULD YOU LIKE TO SEE FROM THIS PROJECT?

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## WHAT WOULD YOU LIKE TO SEE FROM THE MUSEUM?

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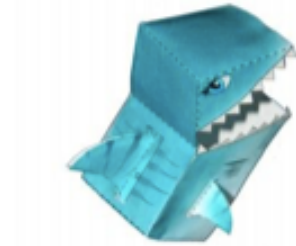
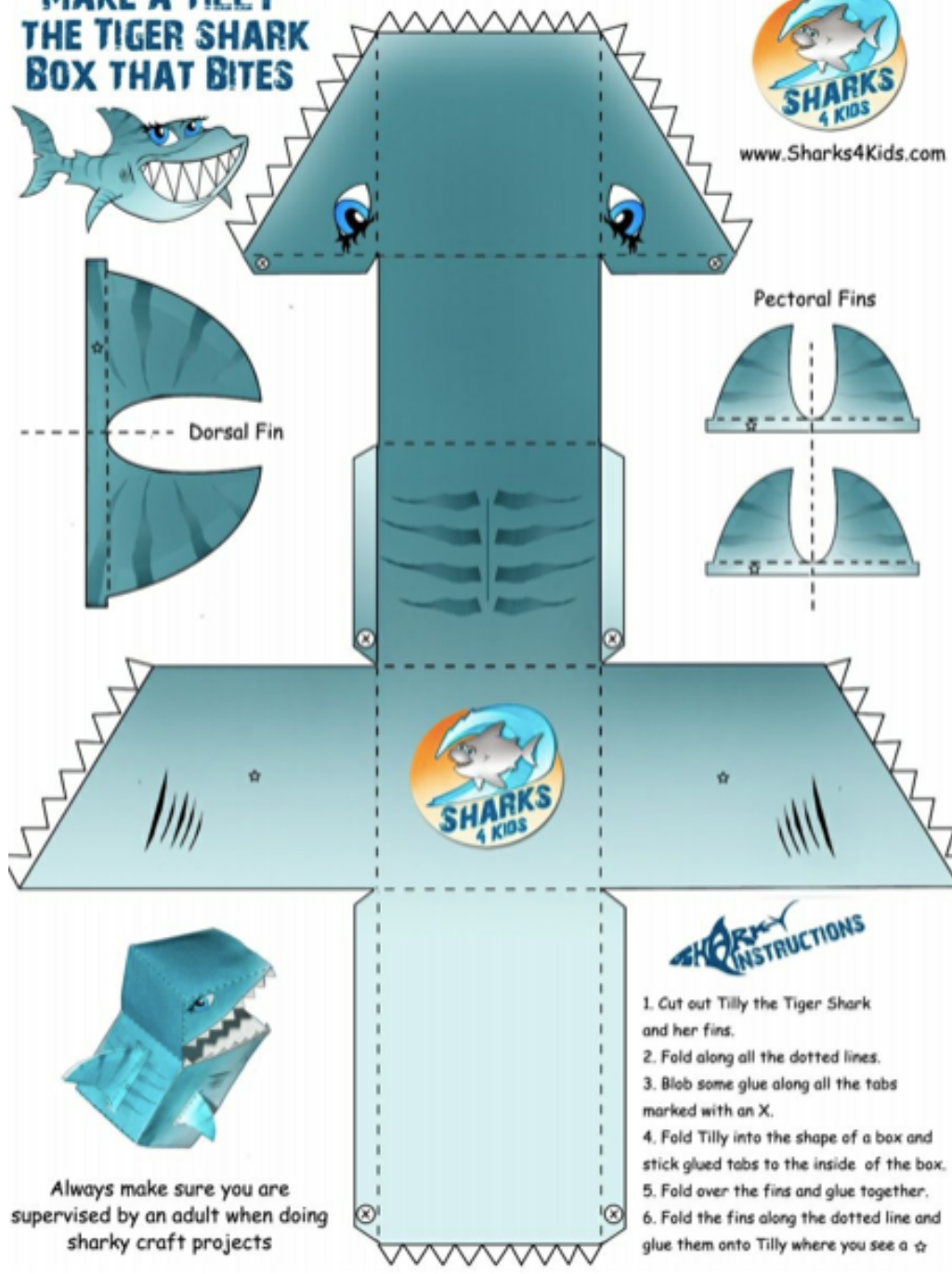
**Anna Krecklow**

**Tasha Melvin**

# MAKE A TILLY THE TIGER SHARK BOX THAT BITES



www.Sharks4Kids.com



Always make sure you are supervised by an adult when doing sharky craft projects

Pectoral Fins

Dorsal Fin

## SHARKY INSTRUCTIONS

1. Cut out Tilly the Tiger Shark and her fins.
2. Fold along all the dotted lines.
3. Blob some glue along all the tabs marked with an X.
4. Fold Tilly into the shape of a box and stick glued tabs to the inside of the box.
5. Fold over the fins and glue together.
6. Fold the fins along the dotted line and glue them onto Tilly where you see a ☆



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