

# Project Get Outdoors Leader Certification

## Pre-Training Assignment

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We look forward to meeting you at the upcoming Project Get Outdoors Leader Certification workshop! Please complete the Pre-Training Survey for which you received a Survey Monkey link and preview the on-line videos listed below. Print off this worksheet and, as you view the videos, take notes.

### **Required Viewing:**

- ✓ History and Need for Project GO (9:50)  
<https://www.mnprojectgo.org/history>
- ✓ TedX Talks: Prescribing Nature for Health (17:48)  
<https://www.youtube.com/watch?v=0uk0QriYYws>
- ✓ Nature Explore – Nature for Infants and Toddlers (6:24)  
[https://www.youtube.com/watch?v=PI6QitLJ\\_XQ&t=2s](https://www.youtube.com/watch?v=PI6QitLJ_XQ&t=2s)
- ✓ Project Get Outdoors On-line Leader Training (30 minutes)  
<https://www.mnprojectgo.org/on-line-leader-training>
- ✓ University of Minnesota - Immigrant Stories Project ( 3:26 and 3:34)  
Pa Thao <http://immigrants.mndigital.org/exhibits/show/immigrantstories-exhibit/item/582>  
Mustafa Jumale <http://immigrants.mndigital.org/exhibits/show/immigrantstories-exhibit/item/501>
- ✓ Media that Matters - Immersion (12:23)  
<https://www.youtube.com/watch?v=I6Y0HAjLKYI>
- ✓ Straight Talk from Middle Schoolers (4:17)  
<https://www.youtube.com/watch?v=C6xSyRJqle8>
- ✓ Diversity in the Classroom; Sides Square Off in Minnesota (3:58)  
Scroll down to the Ahmed Jama Interview  
<https://www.youtube.com/watch?v=ZJdUqVbCltg>  
Find more information on this story at:  
<http://www.usatoday.com/story/news/nation/2014/11/25/minnesota-school-race-diversity/18919391/>
- ✓ Faces of Tomorrow: Conservation Corps of Minnesota & Iowa (2:13)  
<https://www.youtube.com/watch?v=OIG8mxC3rc>
- ✓ Outdoor Afro (3:36)  
<https://www.youtube.com/watch?v=xdxL8HgGpJo>
- ✓ It's All About the Approach: Asset Mapping TedX Talk (14:16)  
<https://www.youtube.com/watch?v=vYiE7anpra4&t=480s>

1. **History and Need for Project GO.** What is “nature-deficit disorder”?

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2. **Prescribing Nature for Health.** List three health benefits of nature exposure.

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3. **Nature for Infants and Toddlers.** List three developmental/learning benefits that come from letting infants and toddlers experience nature?

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4. **Project Get Outdoors On-line Leader Training.** Please print off your completed certificate and bring it with you to the in-person training workshop.

5. **Immigrant Stories Project.** What are some common experiences that Pa and Mustafa share?

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6. **Immersion.** What are some ways you might make your site or your program more welcoming to ESL participants? \_\_\_\_\_

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7. Prior to watching the **Straight Talk from Middle Schoolers** video, did you feel that racism/discrimination among children was an issue? Why or why not?

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8. In your own words, summarize the news story covered in the *Diversity in the Classroom* video:

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9. *Faces of Tomorrow*. What is the Conservation Corps of Minnesota and Iowa doing to engage diverse teens with the outdoors?

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10. *Outdoor Afro*. What is the goal of the Outdoor Afro organization? How do they work toward achieving this goal? \_\_\_\_\_

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11. *It's All About the Approach*. What was the focus of the talk in this presentation? What obstacles did the nurse encounter and how did she get around them?

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