

Sample Workshop Sequence:

3-10 minutes

1. **Begin with what students already know.** For example, start with a question, “What is the purpose of a skeleton...?” As you discuss the issue, encourage them to be curious about their bodies. Let them ask questions and explore relationships and “reasons why.” Keep it concrete (rather than abstract). The initial activity or discussion should give them the impetus to want to know more.

25 minutes

2. **Engage the students in a hands-on activity.** Do not lecture! Students begin to answer one or some of the questions they generated in step 1. The activity should include experience with their own muscles/senses/etc., as well as whatever props you choose.

15 minutes

3. **Review and enhance** what they have learned. Now that you have them intrigued, you can bring in more advanced vocabulary, diagrams and models (not beforehand). The review might include a short reflective discussion, or a song that covers the anatomical features learned.

3 minutes

4. **Conclude.** You want to get across something like this: “I have enjoyed sharing some things that I have learned in my college Anatomy class. Here is some more information about the body and some additional activities you can do with everyday household items. Thank you for your time.”