



# Virtual Field Trips

with Laurie Hernandez and Friends

## Educator Guide

**Take your students on a field trip with Olympic Gold Medalist Laurie Hernandez as they explore new experiences learning about a variety of topics!**

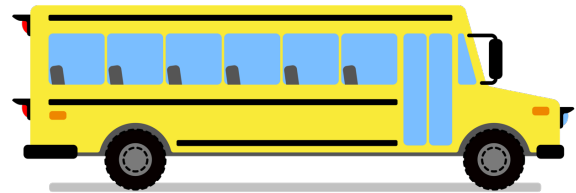
Virtual field trips create an interactive learning experience for students to complement their classroom learning while providing inspiration to help keep students engaged. Laurie will introduce students to thought leaders, academics and other influencers to discuss subject matter authentic to their passions and professions, while taking classrooms on exciting virtual visits!

At KPMG, we provide access to opportunities that empower everyone to become a lifelong learner. We know exploration and experiences are critical to a student's learning journey. These virtual field trip experiences are meant to expose students to new ideas and help connect what they are learning in school to real-world professions, therefore opening their eyes to all the possibilities ahead of them. KPMG supports targeted and customized programs designed to empower everyone to be a lifelong learner, including supporting the many educators, like you, who facilitate fun and educational learning environments!



### THE SERIES

KPMG Learning Ambassador and Olympic Gold Medalist, Laurie Hernandez, has been collaborating with KPMG on initiatives aimed at reinforcing the value of learning. Laurie is emceeding this series of field trips featuring relevant talent to provide edutainment and excitement for classrooms. Laurie serves as the narrator of the series and helps us learn about a variety of different topics.



### THE EPISODES

#### The Heart of Your Health with Laurie Hernandez and Friends

Two versions of this episode available, for different target age groups



**Elementary School Students** – Click [Here](#)



**Middle and High School Students** – Click [Here](#)



### RECOMMENDED SESSION FLOW



5 minute setup



23 minute video



20 minute discussion of video

#### Sample Intro

Your heart is the most important muscle in your body and keeping it strong is key to living a healthy life. Dedicating a few minutes of time each day to doing activities that keep your mind and body in shape will allow you to live a happier life. Together, we will learn about and participate in activities that connect the heart, body and mind.

#### Keep in Mind

- Create a routine that includes time for physical fitness, care for your mental health, and self-reflection.
- Don't be afraid to try new things and get out of your comfort zone!

**As seen in today's episode, education is the foundation to limitless possibilities!**



# The Heart of Your Health

## Elementary School Students



### SPEAKERS

Yen Hoang, Former Paralympian & KPMG Associate  
Laurie Cameron, Mental Health Expert  
Chris Zelenka, KPMG Senior Associate

### THEMES

Heart Health, Physical Fitness, Mental Health, Self-Reflection

**What does it mean to be healthy?** Is it solely based on the food you eat or the sports you play? The team at KPMG will share why keeping your heart and body strong is the key to living a healthy life and provide tips and tricks to integrating physical fitness, mental health and self-reflection into everyday life.



### SUGGESTED DISCUSSION TOPICS

What is one new activity that you learned through the episode that you will add to your daily routine? Share one activity you enjoy that wasn't mentioned.

Do you think you have to be good at an activity to enjoy it? Why or why not?

What is your favorite way to relax or de-stress? Why is it your favorite?



### ADDITIONAL ACTIVITIES

- **Fitness How To:** Do you remember when you were just learning how to shoot a basketball or ride a bike? Even though you're good at these activities now, you had to learn those skills from a parent, coach or friend. Choose a physical activity that you'd like to teach your classmates and break the skill down into step-by-step directions. Then write and illustrate a book or create a video to demonstrate how to do that activity.

- **Music & Mindfulness:** Music is a great way to encourage rest, relaxation, and focus. Ask students to close their eyes and listen to a few songs as a group. After the music ends, students take 5 minutes to write how the music made them feel and what they thought about during that time. Doing this for 10 minutes each day can help students cope with stress and get them ready to take on new challenges.

- **Accountability Buddies:** During *The Heart of Your Health*, students wrote down one goal they want to achieve, and the steps needed to accomplish it. As next steps, students should find a partner and talk about what they wrote. Provide time each day for partners to meet to discuss the progress they are making. Being held accountable to someone other than ourselves is one of the best ways we stay on track to achieve our goals.



### TAKEAWAYS

1. The heart is the most important muscle in the human body. An average person's heart beats around 100,000 times per day and pumps about 2,000 gallons of blood.
2. Ways to strengthen your heart and mind:
  - Complete least 60 minutes of physical exercise each day
  - Practice mindfulness when you're feeling stressed, anxious, or worried
  - Set goals for yourself and reflect on the progress you've made toward reaching them each day
3. Expressing your feelings is the best way to stay mentally healthy. Always talk to a trusted adult about how you're feeling.
4. Find physical fitness, mental health, and self-reflections activities that work best for you. Choose activities that bring you joy and add them to your life step-by-step.



### RESOURCE RECOMMENDATIONS

- **First Book Marketplace:** [Taking Care: An Educator's Guide to Healthy Habits for Student Emotional Wellness](#)
- **American Heart Association:** [Kids Health Initiatives](#)
- **Boys & Girls Clubs of America:** [Supporting Youth Mental Health](#)



# The Heart of Your Health

Middle & High School Students



## SPEAKERS

Yen Hoang, Former Paralympian & KPMG Associate  
Laurie Cameron, Mental Health Expert  
Chris Zelenka, KPMG Senior Associate

## THEMES

Heart Health, Physical Fitness, Mental Health, Self-Reflection

**What does it mean to be healthy?** Is it solely based on the food you eat or the sports you play? The team at KPMG will share why keeping your heart and body strong is the key to living a healthy life and provide tips and tricks to integrating physical fitness, mental health and self-reflection into everyday life.



## SUGGESTED DISCUSSION TOPICS

What is a cause of stress in your life and what is one way you learned to mitigate the impacts of stress?

Why is mental health important to you, and what are some habits you can personally build into your daily routine to improve your wellbeing?

Why is it important to be healthy both mentally and physically? How do you strike this balance in your life?



## ADDITIONAL ACTIVITIES

- **Accomplishments & Milestones:** Do you remember a time when you tried out for a sports team, learned a new dance routine, or some other physical feat? You should feel accomplished for all the milestones you've achieved thus far! Allow students to identify a physical activity that took them out of their comfort zone and share it with their peers. Was there a goal? How did you feel in the moment? How did you feel once it was done? Students can write down, illustrate and/or create a video to share their story!

- **Music & Mindfulness:** Music is a great way to encourage rest, relaxation, and focus. Ask students to close their eyes and listen to a few songs as a group. After the music end, students take 5 minutes to write about how the music made them feel and what they thought about during that time. Doing this for 10 minutes each day can help students cope with stress and get them ready to take on new challenges.

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