

# TOTALLY AWESOME SCIENCE



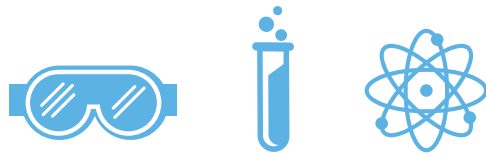
THE TOTALLY AWESOME

# PROMISE

ACTIVITY BOOK

SANFORD  
RESEARCH





# ABOUT SANFORD PROMISE

The Sanford Program for the Midwest Initiative in Science Exploration (PROMISE) was developed to connect communities in our region with cutting edge science and research. In 2010, Sanford Research created an outreach program to provide science, technology, engineering and mathematics (STEM) experiences for K-12 students across South Dakota and neighboring states.

Sanford PROMISE aims to increase community understanding of health sciences, raise awareness of the benefits of research and emphasize the role of each in our society. Our programs offer numerous opportunities for all students and teachers to connect with experts, experience hands-on learning and conduct authentic research.

We're dedicated to creating a science outreach program that stimulates students to become tomorrow's problem solvers, future innovators and the next generation of the STEM career workforce.

Learn more about Sanford PROMISE and explore all of the free resources at [PROMISE.SANFORDHEALTH.ORG](https://PROMISE.SANFORDHEALTH.ORG).



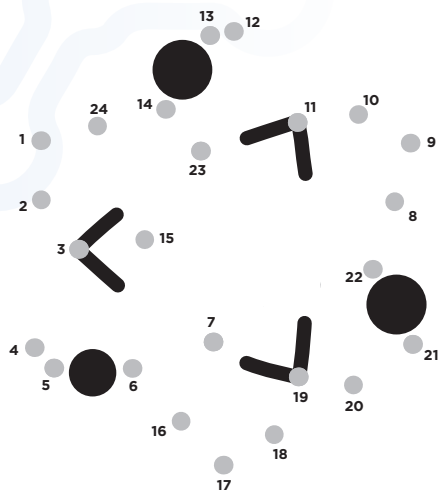
# DRAW A SCIENTIST!

What do you think a scientist looks like?

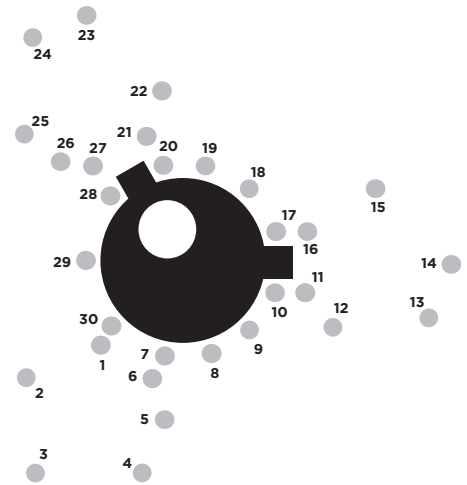


# CONNECT THE DOTS

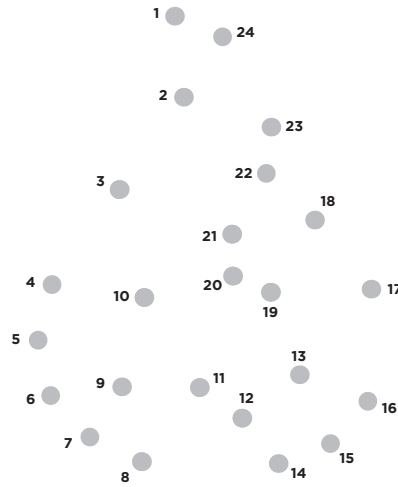
Look at the images below. Connect the dots and unscramble the letters to discover what each image is.



Letters: T O M A



Letters: L E C U O M E L



Letters: E A L M F



# BREAK THE CODE

Use the cryptogram below to get the code for the secret message.

The important thing is to



A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

# SPOT IT

Can you find the hidden items in the lab scene below?  
Circle the tools you spot and  
X out any safety hazards.



FLASK



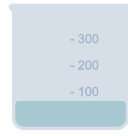
SCALE



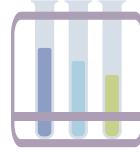
BUNSEN  
BURNER



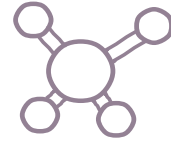
BEAKER



TEST  
TUBES



MOLECULE



MICROSCOPE



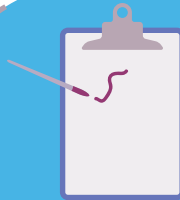


# GOT GRIT?

A big part of being a scientist is having grit- this means pushing through failure to solve problems. When you get frustrated by something, there are several things you can do. Trace the circle around the strategies you like to use.



**READ  
A BOOK**



**COLOR A  
PICTURE**

**1 2 3**

**COUNT  
TO TEN**



**BREATHE  
IN & OUT**



**TAKE  
A WALK**








**LISTEN  
TO MUSIC**

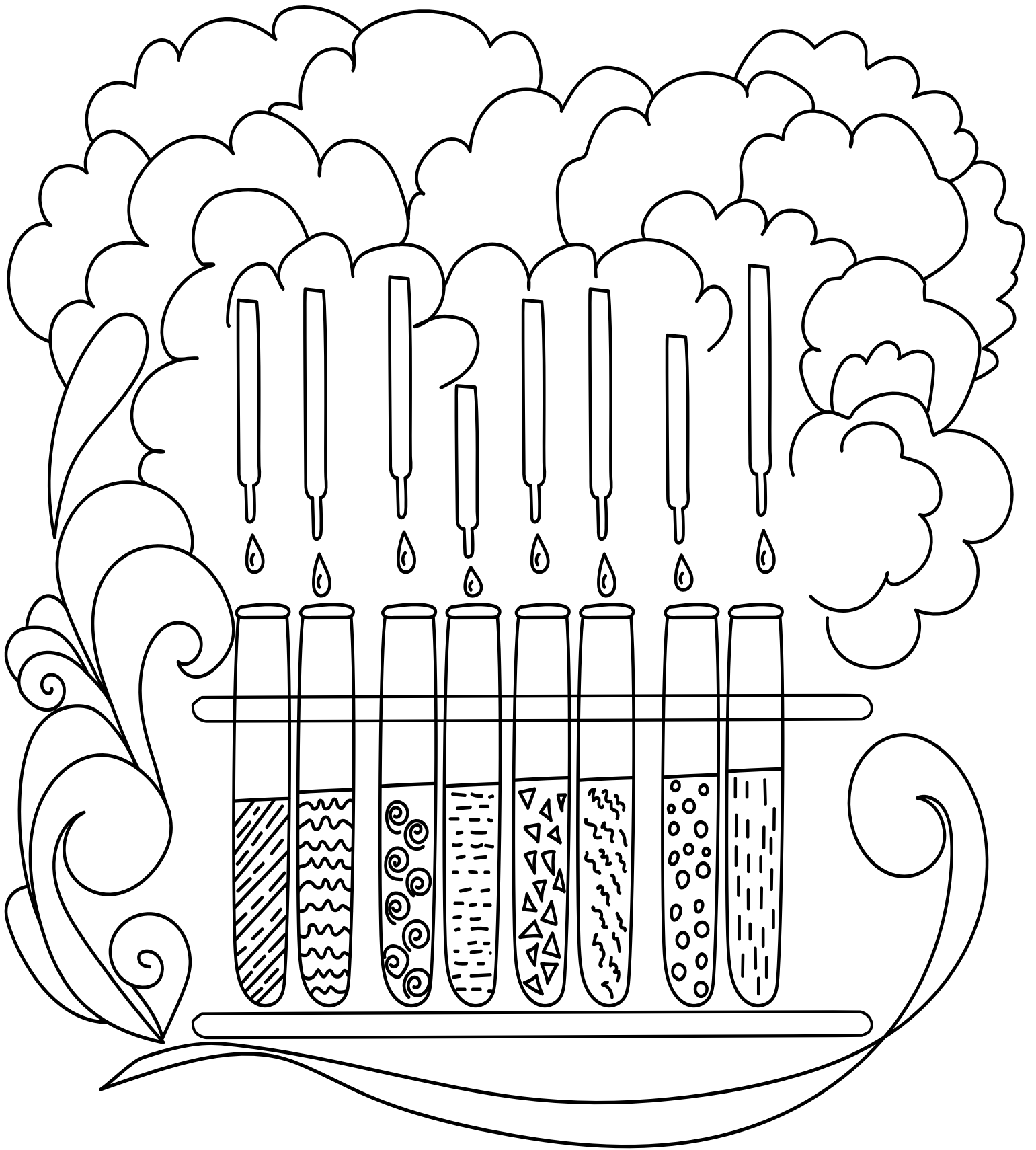


# SCIENCE SENSES

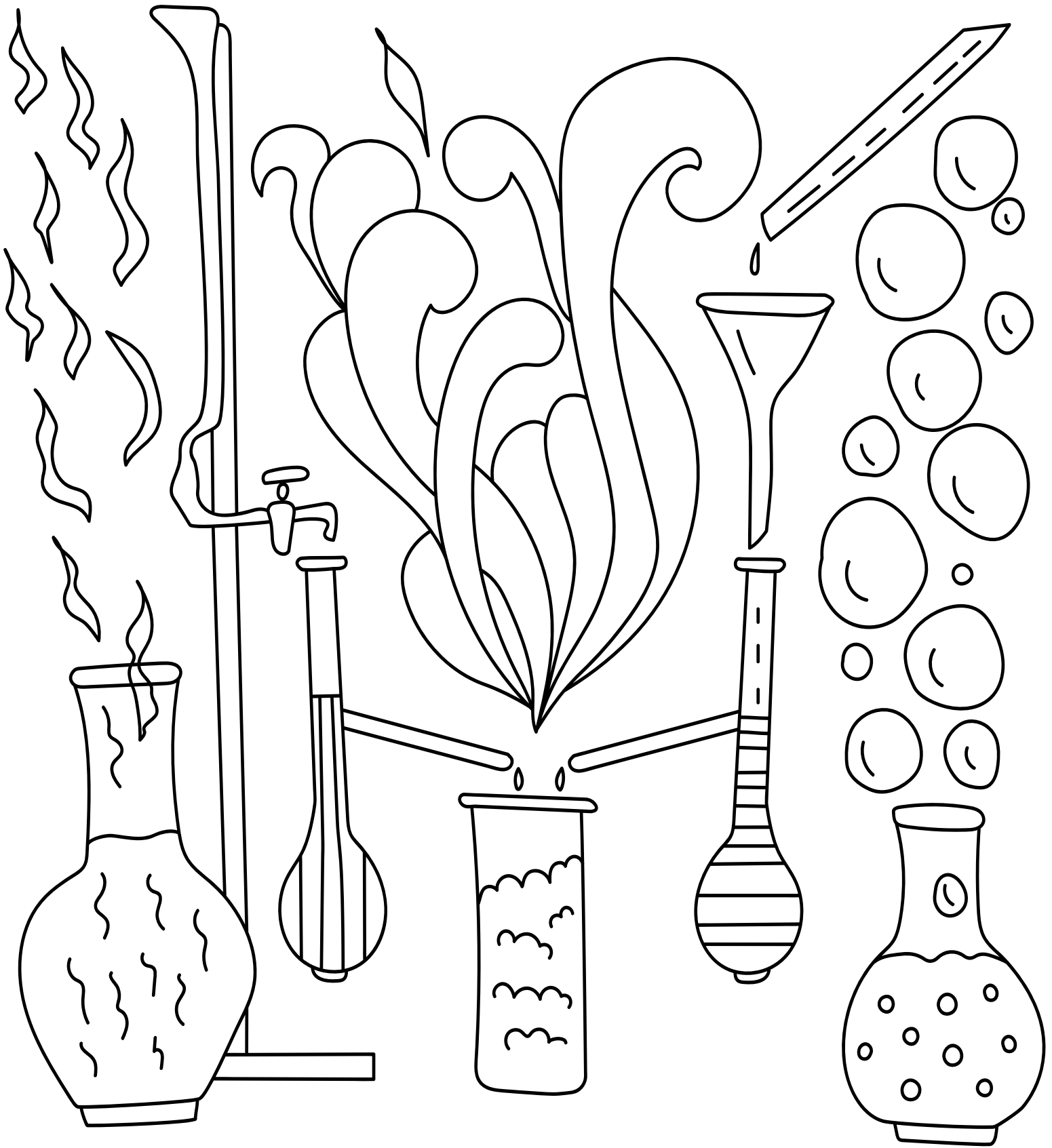


Scientists use all of their senses to make observations. Write or draw something you taste, hear, smell, touch, and see in the spaces below.



PROMISE



PROMISE

# OBSERVE!

Go outside and find something to observe. For example, find a leaf, a bug, a flower, a rock, or any other small object. Draw it below. How detailed can you make it?



# CURIOUS?

Science is all about questions! Look at the object you observed on the previous page. What questions do you have about it? Come up with questions using the prompts below.

WHY?

HOW?

WHEN?

WHAT IF?



# MAZE MANIA

Find your way through the maze below and learn how it feels to be a scientist figuring out a puzzle!





# SOLVE IT!

Scientists often find problems and work to find solutions. Can you help the kids below find a solution to their problems? Draw your solution for each scenario.

Ava wants to get her cart up the stairs, but it is too heavy to lift.



Marco wants to fill up his pool, but his faucet doesn't reach.

