

Girl Powered

The REC Foundation & VEX Robotics are inviting teachers, coaches, Event Partners, and mentors to host a Girl Powered workshop during the month of October, to celebrate International Day of the Girl.

OCTOBER
BUILD DAYS

PARTICIPANTS

Teachers, guest speakers, coaches, & elementary through high school aged students

TIME FRAME

1-2 hours
during October

LOCATION

A spacious area at school or within the community

MATERIALS

- Girl Powered Goal Setting Activity
- Pens and Pencils
- Girl Powered Coaches Guide
- Girl Powered Stickers
- VEX IQ or VEX EDR kits & field equipment (optional)

*The first 100 events registered by the end of August will receive an event toolkit from the REC Foundation and VEX Robotics.

SUGGESTED SCHEDULE

Introduction: (10-20 minutes)

Introduce the event as an opportunity for girls to explore robotics and learn more about STEM fields. Introduce yourself and have the girls introduce themselves, depending on the number in attendance. Try a fun "get to know you" game such as The M&M Activity. Have the girls get into small groups and begin the activity. Prior to the event, come up with 2-3 questions for the students to answer. You will need different colored M&Ms for this activity. This activity allows students to get to know one another in a fun way!

Speakers: (15-20 minutes)

Invite female guest speakers, ideally those who have been members of or coached robotics teams, or who are employed in STEM fields to speak. Suggest that they prepare a short presentation including how they became interested in STEM, their experiences in robotics, their job and career field, and why they believe the world needs more women in leadership roles and specifically in STEM areas.

Leadership Activity: (15-20 minutes)

Encourage girls to become leaders and to pursue goals through the Setting & Achieving Goals Activity. Follow the guidelines on the activity sheet. Add in any tips that may be helpful for the group.

Build Activity: (30-45 minutes)

Invite attendees to participate in building a VEX IQ or VEX EDR robot. The links to the build instructions can be found on GirlPowered.com. The VEX IQ robot is a speed-build, 20 minutes or less. Once built, the students can use these robots to race each other in time trial on a field made with few VEX IQ parts. The VEX EDR build will take a little more time, and is targeted to the older students.

