

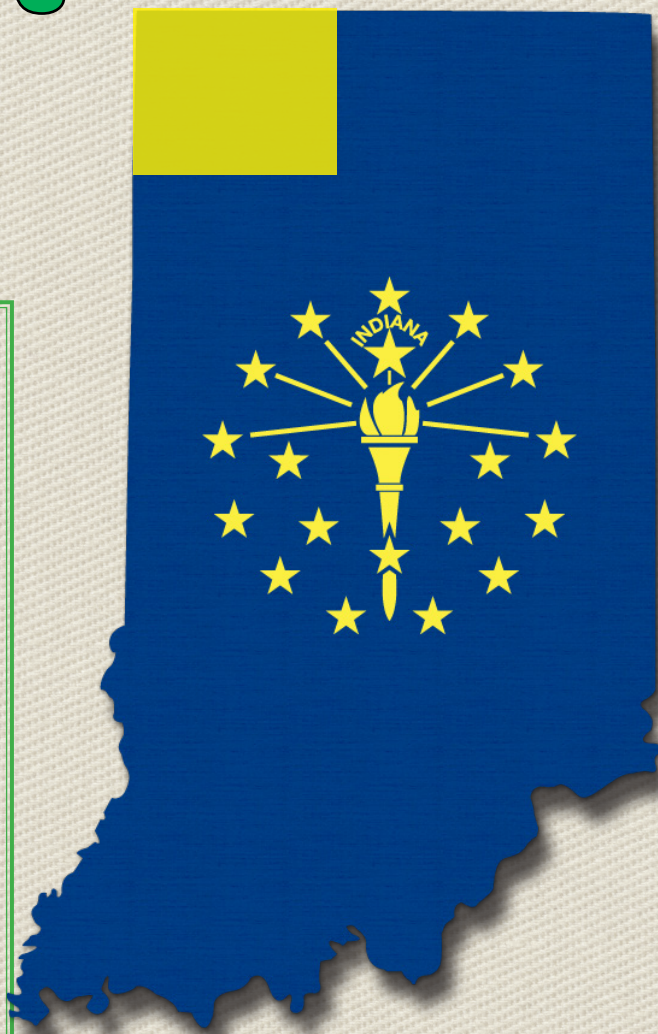
Discover Northwest Indiana

Northwest Indiana is a community located in our council. Try this badge to discover the area's rich history, culture, natural resources, sports, entertainment and educational opportunities!

Steps:

1. Healthy Living
2. Arts
3. Outdoor Education
4. History and Culture
5. STEM

Purpose: When I've earned this badge, I'll know more about Northwest Indiana and what it has to offer.



*"Indiana, our Indiana.
Indiana, we're all for you!"*

*From the Indiana
University fight song,
"Indiana, Our Indiana,"
by Russel P. Harker*

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STEP 1 Healthy Living



Healthy living is a good combination of physical activity and eating nutritious foods. There are many ways to be healthy in Northwest Indiana. Let's explore!

Choices - Do One:

- ☐ **Learn about healthy foods produced in Northwest Indiana.** Visit a farmers' market, farm or orchard, and talk to the workers there about the foods they grow. Are these foods healthy? Can you find where they'd fit on the My Plate icon (choosemyplate.gov)?

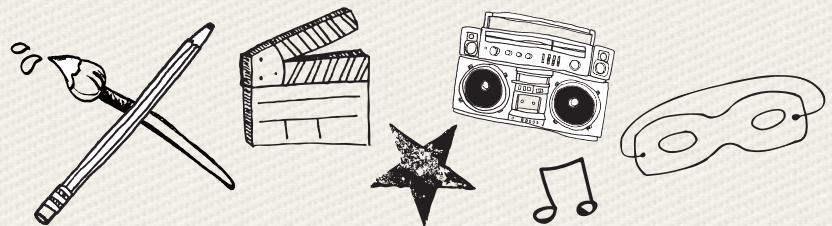
OR

- ☐ **Attend a local sporting event.** Find out more about baseball in Northwest Indiana - attend a minor league game, a college sporting event or check out Indiana's famous vintage base ball (yes, that's supposed to be two words!) league.

OR

- ☐ **Participate in a physical activity at Jak's Warehouse in Schererville.** Jump around at Jak's - a one-of-a-kind place complete with go-karts, urban golf, laser tag and much more! You can even challenge yourself on their Mini Sky Trail.

STEP 2 Arts



The arts are alive in Indiana! Whether you enjoy performing arts, visual arts or making an art project, there are many opportunities to be creative in this community.

Choices - Do One:

- ☐ **Attend a performance.** See the Indiana Ballet Theatre's *The Nutcracker*, an annual holiday tradition. Before you go, do some research on IBT. How long has it been a company? Any new developments? Why is it an important institution in Northwest Indiana?

OR

- ☐ **Peruse the Brauer Museum at Valparaiso University.** Call ahead to schedule a hands-on art-making class and request a tour of the exhibits. Can you find artwork that depicts Northwest Indiana? Choose your favorite and try to recreate it when you get home.

OR

- ☐ **Take a visual or performing arts class.** The Indiana Arts Commission works with South Shore Arts as a regional arts partner in Northwest Indiana. Pick a fun class - drawing, painting, pottery, mixed media, etc. Show off your handiwork to your friends!

STEP 3 Outdoor Education



Northwest Indiana is famous for the Lake Michigan shoreline and the Indiana Dunes. Forests, farmlands, marshes, prairies and rolling plains define the geography of the area.

Choices - Do One:

☐

Go on a hike or walk. Explore a forest preserve or natural area in Northwest Indiana to observe animals, plants and the terrain. Play I-Spy with a friend - identify as many living and non-living things as you can. Are these native to Northwest Indiana? Identify at least one living thing that you can only find in this region.

OR

☐

Visit the Indiana Dunes. You'll find the dunes along the shore of Lake Michigan. There is plenty of fun to be had here - go hiking, play a water sport or swim in the lake.

OR

☐

Learn more about nature. Attend an outdoor educational program at Dunes Learning Center, located in the spectacularly biodiverse Indiana Dunes National Lakeshore. Spend time exploring the great outdoors at a special event or summer camp. Their 63-acre classroom features beaches, prairies, dunes and woodlands of the region.

STEP 4 History & Culture



Every state has a culture all its own, including historical sites, festivals and traditions. Discover Northwest Indiana's rich history and culture.

Choices - Do One:

☐

Travel back in time. Visit a local history museum; you can find them in many different communities, including the Porter County Museum of History, Westchester Township History Museum and Lake County Historical Museum. Look at the exhibits and old photos at the museum of your choice; how is life different today compared to the past? How is it the same?

OR

☐

Discover the origin of Northwest Indiana's county names. GSGCNWI has four counties represented in Indiana - Lake, Porter, Newton and Jasper. Did you know that three of these counties were named after famous people in the military? Who were they and when were they alive? The fourth county is named after a big body of water - which one?

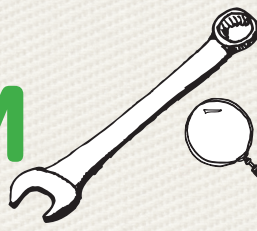
OR

☐

Eat your way through a local festival. Here are a few to whet your appetite: Popcorn Festival in Valparaiso, Kouts Pork Fest in Kouts, Pierogi Fest in Whiting, or an Indiana county fair. Be a sleuth - why was the festival started? Once you know, go eat some yummy food!

STEP

5 STEM



STEM stands for science, technology, engineering and mathematics. Learn more about the Hoosier state by discovering STEM in the area.

Choices - Do One:



Get hands-on at the Challenger Learning Center in Hammond. Check out the South Shore Skies presentation in the planetarium, which focuses on stars, constellations and other objects visible from Northwest Indiana. While there, don't forget to ask about Colonel Jerry Ross, a retired astronaut from Northwest Indiana! (**BONUS:** Earn your Home Scientist badge at the center.)

OR



Learn about Northwest Indiana's weather. What happens in each season? What are the characteristics of the area's weather in spring, summer, fall and winter? Draw a picture of each of the seasons.

OR



Find out more about technology and engineering in Northwest Indiana.

Manufacturing is a major industry in the region; assembly lines are often used to make the process faster. What is an assembly line? Practice your skills by choosing many ingredients for a sub sandwich; give each friend an ingredient to add to the subs.

What did I learn?

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