



STEM WORKSHOP: MODULE 06

DEVELOPING A SPECIAL GERT SUIT FOR CHILDREN

GERT Suite Weighted Vest Instructions

Step 1: Create two 12x10 inch duct tape panels by taping strips together and trimming off the excess (tape the strips of duct tape together in a way that both sides of the panels are non-adhesive side up).

Step 2: Using two strips of tape, tape the two panels together approximately 8 inches apart. The edges of the strips of tape should line up with the edges of the two panels, this will create the shoulder straps. Once the panels are taped together, apply two additional strips of tape to the back of the shoulder straps (adhesive side to adhesive side).

Step 3: Fill six plastic sandwich bags $\frac{3}{4}$ of the way full and four bags $\frac{1}{2}$ of the way full of rice or sand. Place three of the $\frac{3}{4}$ of the way full bags down the middle of both duct tape panels. Place one of the $\frac{1}{2}$ way full bags on either side of the three fuller bags. Completely cover the bags of rice with duct tape to hold them in place and to provide extra protection from puncturing.

Step 4: Create two more panels (following the instructions in step one) and tape them to the first panels converging the bags of rice. *During this step you can decide whether to tape large Velcro strips to the inside or the outside on each side of the panels creating the belt to hold the vest together when it is being worn.

Step 5: Add more tape to the edges of the vest or any other areas as needed to make the vest more durable.



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How to make the GERT goggles:

- Materials needed:
 - 3 pairs of safety goggles
 - Black acrylic paint
 - Yellow acrylic paint
 - Paint brush
 - Water (for rinsing)
 - Paper towels
- Step 1
 - Remove straps on goggles and set aside.
- Step 2
 - Paint the sides of the goggles black. Let dry.
- Step 3
 - Referring to the GERT eye disease simulation goggles, reference the Macular Degeneration, Cataract, and Glaucoma goggles.
- Step 4: Painting the Macular Degeneration goggles



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- Dab yellow paint onto the front of the goggles, making sure the paint is see-through. Let dry.
 - Paint two black dots in the center of each side of the front.
- Step 5: Painting the Cataract goggles
 - Using the paper towels, dab black paint onto the front of the goggles. This should be see-through, making a foggy appearance.
- Step 6: Painting the Glaucoma goggles
 - Using the Macular Degeneration goggles as reference, these goggles should be the opposite.
 - Dab yellow in the center of each side of the front. Let dry.
 - Paint black around the surrounding area.
- Step 7
 - After all the paint has dried, reattach straps.





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Instruction for the arthritis simulation glove.

Materials needed: gloves, glue, Velcro, and plastic strings

Step 1: get the glove

Step 2: glue or tag a plastic string to each finger of the glove.

Step 3: after you must have attached a plastic string, attach a Velcro to the wrist of the gloves

Step 4: with a Velcro, wrap the end of the strings to your wrist.





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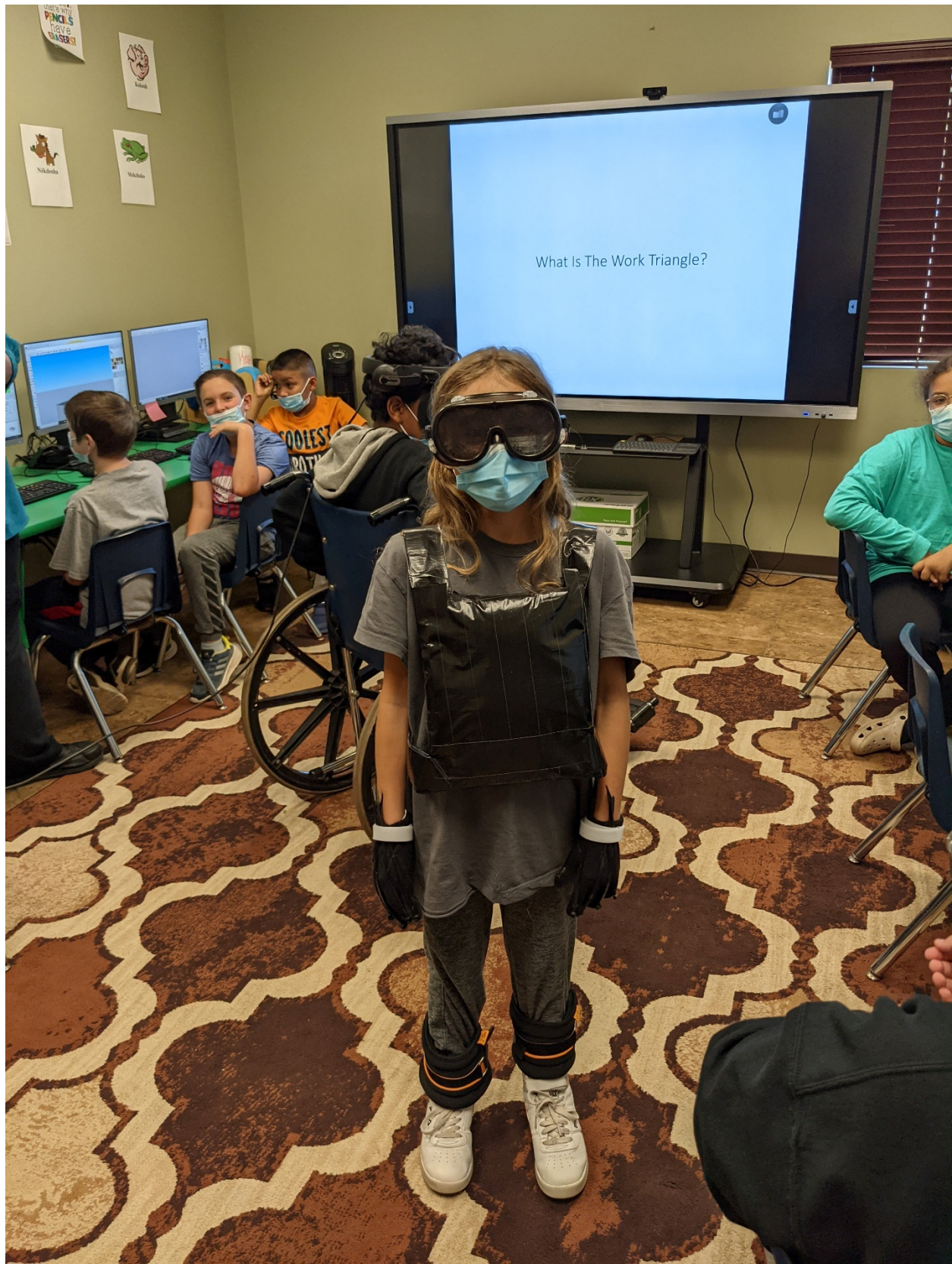
Other items

- Purchase neck pillow to simulate stiffness at the neck
- Purchase noise cancelling headphones or earmuffs to simulate hearing loss
- Purchase ankle braces and wrist braces to simulate stiffness of the joints

Total cost of creating this GERT suit ---- \$125.00



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