



## Dr Romy Gad el Rab

First released for Outbox 2020

Source: Romy



Meal Plan  
**#092**  
60 mins

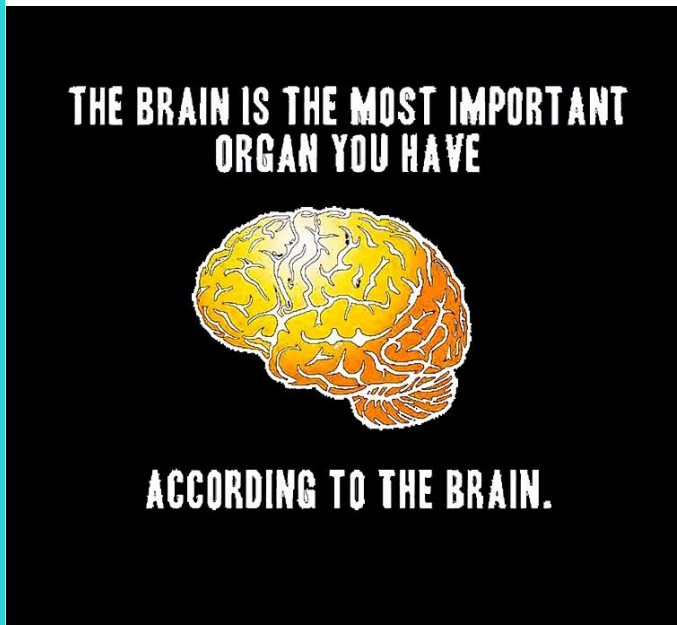
### Starters 15 mins

Snack, Cackle & Pop..... 2 mins

Snack: Before we begin, grab a snack!

Cackle:

[Redbubble](#)



Pop: Stemillions playlist on Spotify:

[bit.ly/stemillionsplaylist](https://bit.ly/stemillionsplaylist)

Meet Her..... 5 mins

Romy Gad el Rab is a Doctor Specialising in Mental Health. She also works as a designer and researcher helping people to understand how technology can affect their lives.

Discuss:

- ★ How many cells do you think there are in the brain?
- ★ What do you think of Romy's job?

### Mains 40 mins - choose ONE only

MAKE..... 40 mins

**You will need: pens, plain paper, colouring pencils.**

Dr Romy has worked on many art exhibitions and installations that explore how technology can affect our lives and the future. In this activity, you will get creative with what you think the future should look like! Option 1: How do you imagine the world in 100 years? Will technology take over the world? Or will it help make it a better place? What would you like it to look like? Think of the positive and negative sides of technology being more and more present in our everyday lives. Option 2: Design a piece of tech that will be particularly helpful for women. Is your tech something you can wear? Is it something helpful for all women or a specific group of women?

EXPLORE..... 40 mins

**You will need: ruler, pens, paper**

Romy is also a Clinical Psychiatrist, so in this activity we will learn more about the brain. Firstly we will learn about synaptic response time, our brain is made up of neurons which are wrapped in myelin. Hold out your hand and get an adult to drop a ruler without any warning. The quicker your response times the thicker the myelin on your neurons. Test other people in your home to see who has the quickest response times and therefore the thicker myelin on their neurons.

### Desserts 5 mins

Share with us ..... 1 min

Upload photos on [Twitter](#) or [Instagram](#) and tag @Stemettes and #Stemillions.

Ask Away..... 2 mins

Got a question? Ask Away! [bit.ly/Ask-Away](https://bit.ly/Ask-Away)

Digest..... 2 mins

Digest this Meal Plan - fill out the feedback form.