

Making Neuroscience Fun


A Brain Awareness Program for All Ages





Brain Health: It's SPECTacular


Activities Summary


What Do I Do? (🌍 A Social Health Story) (K – 5-6 yrs.)

-  **#1-Craft: Show A Little Kindness**
 - Students create kindness cards to show that being nice to others is good for their brain health.
 - Approx Time: 25-30 mins
 - Story Connection: Slide 1

-  **#2-Critical Thinking: What Would You Do?**
 - Students must think critically and decide what to do when presented with difficult decisions.
 - Approx Time: 15-20 mins
 - Story Connection: Slide 3

-  **#3-Physical Activity: Trust Me**
 - Students explore the idea of trust in this airport themed activity.
 - Approx Time: 20-25 mins
 - Story Connection: Slide 12

-  **#4-Game: Who Could You Ask?**
 - Students play a matching game to practice identifying community helpers and how they help others.
 - Approx Time: 20-25 mins
 - Story Connection: Slide 13

-  **#5-Video: You Are Your Choices**
 - Students watch two videos to review strategies for how to handle making difficult choices.
 - Approx Time: 15-20 mins
 - Story Connection: Slide 20