



**Team Work (🧠 A Brain Facts Story)
(K – 5-6 yrs)**

This story explains how the brain works with the body to let all animals (including humans) do everything that they do.

- 🧠 The brain and the body working together is important.
- 🧠 The body gets information from the world and tells it to the brain.
- 🧠 Your brain then “decides” what you do with that information.

♥SLIDE #1 - INTRODUCTION:

Good Morning (Afternoon)!

My name is _____ and I (describe who you are and give your relation to neuroscience – ex. you are a Neuroscientist, you study neuroscience, you have a friend that is a neuroscientist or you have recently been learning a lot about neuroscience).

Neuroscience, that's a really big word! But, a neuroscientist is a person who knows a lot about the brain.

I am here today to talk to you about how you can help to make your brain healthy – feeling good. It is REALLY easy and anyone can do it.

I love to talk about Brain Health because it's SPECTacular!!! SPECTacular means “GREAT”. When your brain is SPECTacular, you are a happy and healthy person.

This is a Brain Facts story. We have to know and understand some things about the brain if we are going to understand how to keep our brain healthy.

♥SLIDE #2 – YOUR BRAIN & YOUR BODY WORK TOGETHER!

Today I am going to tell you a little bit about how your brain helps your body to work.

♥SLIDE #3 – LET'S BE SCIENTISTS

Ok...so if I am going to tell you how your brain helps your body work, then I am going to need you to all be scientists and help me.

Scientists ask questions and then find the answers to those questions – so we are going to ask and answer some questions.

♥SLIDE #4 – WHERE IS YOUR BRAIN?

Before we begin, we have to answer a very important question.

Question: Where is your brain?

♥SLIDE #5 – FINDING THE BRAIN

Let's see. Raise your hand if I get the right answer.

Question: Is your brain in your stomach?

No...your brain is not in your stomach. You don't think with your stomach – do you? You put food in your stomach to give you energy.

Question: Is your brain in your feet?

No...your brain is not in your feet. You don't think with your feet – do you? Your feet help you to move around and they give you a place to put your shoes.

Question: So...where is your brain? Wait...I know...is your brain in your head?

Raise your hand if you think your brain is in your head. Look at all the hands...yes, your brain is in your head.

♥SLIDE #6 – THINGS YOUR BODY DOES - MOVEMENTS

Ok...so now we know where our brain is.

Now, let's see...I said that your brain helps your body work. Let's think about this... what are some of the things that different parts of your body do?

Question: Let's start with your arms and hands...what do they do?

Your arms & hands – let you pick up toys, swing a bat, and give a hug.

Question: How about your legs and your feet...what do they do?

Your legs & your feet – kick a ball and do a dance.

So, your body helps you **move** around.

♥SLIDE #7 – THINGS YOUR BODY DOES - SENSORY

But, your body also does other things.

Your hands let you **feel** things. Your eyes let you **see** things. Your mouth lets you **taste** things. Your nose helps you **smell** things. And your ears let you **hear** things.

♥SLIDE #8 – BODY AND BRAIN “TALK”

In order for your body to do all those things, your brain needs to talk to ALL the parts of your body and ALL parts of your body need to talk to your brain.

But, wait a minute...If your brain is in your head, how does it tell your legs to move when you are walking?

Well, your brain is connected to every part of your body by these stringy things called **nerves**.

Here is a picture of what you would look like if I took off your skin, muscles and every other part of your body.

This is a picture of your brain and all the nerves it uses to talk to all of those body parts.

Your brain sends out messages to every part of your body and every part of your body sends information to your brain through these long stringy things called nerves.

This way your brain sitting in your head can send a message down to your feet to “tell” them to walk. Your feet can send messages to your brain to “tell” your brain that they are walking.

♥SLIDE #9 – BRAIN & NERVES LOOK LIKE ANIMAL

Plus, what is REALLY cool is that because your brain talks to every single part of your body and every single part of your body talks to your brain, the brain and nerves of an animal **look** like that animal.

Here is a picture of a boy and here is a picture of the boy’s brain and nerves.

Here is a picture of a dog and here is a picture of the dog’s brain and nerves.

If all you saw was the pictures of the brain and nerves, do you think you would know which animal you were looking at?

♥SLIDE #10 – NAME THE ANIMAL

Let’s play a game....

I am going to show you some brains and nerves of animals and you see if you can “Name the Animal”.

(Show animal pictures and say “Can you Name the Animal?”.)

♥SLIDE #11 – WHY?

So, the brain and the body “talk” to each other through the nerves – but, WHY?

♥SLIDE #12 – WHY?

Why does your brain and body have to talk?

Here is what a brain looks like in your head.

Question: Does your brain have arms, legs, or eyes?

Of course not! So, your brain cannot pick up things or walk or see.

Your brain needs your body so it can **DO** things. So, your brain talks to your body and your body talks to the brain.

♥SLIDE #13 – REMEMBERS

Ok...so your brain needs your body to do things so your brain talks to your body...BUT, why does your body need to talk to your brain?

It is because your body does not REMEMBER things. Your body cannot do ANYTHING until your brain tells it to something. Without your brain, you won’t be able to pick up things, or walk or see.

Your brain needs your body to get information and then your brain **remembers** what the body should do.

Wait...why can't my body **remember** what to do?

This is because your brain stores information and remembers things, like **how** to move, your body does not.

Your brain gets information from your body and then it tells your body what to do. Because the things that you do when you get information can be different.

♥SLIDE #14 – TIGER

Ok...let me explain this to you. First...

Question: What is this a picture of? A **tiger**, that is right.

Now...

Question: What are some things that we **know** about tigers? They are big, strong, fast, have big teeth, are beautiful etc.

Ok...you **know** all these things about tigers because you learned it before and when you learn things your brain **remembers** those things.

Ok...Let's say you see this **tiger** at the zoo.

Question: What would you do? You would watch it to see what it does, because we don't always see tigers. You would learn more about tigers.

Ok...let's say you see this **tiger** in your backyard.

Question: What would you do? YIKES!!! I would run and hide.

Wait a minute, you are seeing the EXACT same thing – a tiger. Why would you do different things? Plus, how would you know to do different things?

You **know** that in a zoo, tigers are in their homes and they cannot get out. Our eyes tell our brains we **see** a tiger, but your brain remembers that at zoos we are safe because the animals cannot get out of their homes. So, your brain tells your body that it can stay and watch the beautiful tiger.

You **know** that tigers are NOT supposed to be in your house. So, when your eyes tell our brains that a tiger is in our house, our brain remembers that a tiger is big, strong, fast and likes to eat meat. Our brain tells our legs and feet to RUN AWAY!!!

♥SLIDE #15 – DECIDES

You would know to do different things because your brain **remembers** things about the tiger and zoos. Your brain then **decides** what needs to be done and tells your body what to do.

Your eyes see the tiger, but your eyes also see the bars surrounding the tiger.

You know that you are in a zoo and that bars surrounding the tiger mean that the tiger cannot get out of his home.

Your brain gets information from your body – your eyes – and then your brain **decides** what to do. Your brain knows that it is ok to be around a tiger at the zoo, but not a tiger in your house.

If you see a tiger, your eyes tell your brain that it sees a tiger, but if your eyes also see the tiger is NOT in a tiger home – AND that there is nothing between you and the tiger – THEN your brain tells your body to run.

Your brain can make the right decision because you have learned things about tigers. Plus, a tiger is something very different when it is not at the zoo – AND you don't usually see a tiger not in the tiger's home.

♥SLIDE #16 – BODY → BRAIN

Since every part of your body sends messages to your brain, your brain gets LOTS of information. That is a good thing...let's say you are around cookies. How do you know?

Your nose tells your brain that it smells cookies baking.

Your stomach tells your brain that it is empty and that you need to get some food.

Your eyes tell your brain that they see cookies on a plate.

Your legs tell your brain that they are walking over to the plate of cookies.

Your hand tells your brain that it is reaching for a cookie and putting it in your mouth.

Your mouth tells your brain that the cookie is yummy!

♥SLIDE #17 – BRAIN → BODY

Now in order for you to eat that very yummy cookie, your brain also had to talk to your body. Your brain has to decide that eating a cookie is the right thing to do.

Your brain thinks the smell that the nose sent is a cookie – and not a flower, but to be sure the brain tells your nose to smell it again. Yes...the brain recognizes the cookie smell.

Your brain talks to your legs and tells you to walk over to the plate of cookies.

Your brain thinks that the things on the plate are cookies, but your brain tells your eyes to look again. Your brain wants to be sure they are cookies and not lumps of play dough – which would not be good to eat. Yes...your brain knows the things on the plate are cookies.

Your brain tells your hand to reach out and get a cookie.

Oops, you almost forgot to ask if you could have a cookie. Your brain knows that cannot just take something just because it is there. Your brain tells your mouth to ask. Your brain tells your ears to listen for the answer.

Yes. You get permission to the eat the cookie. Yum!!! You love cookies!!!

♥SLIDE #18 – CONCLUSION

So, in order to eat cookies, or not get eaten by a tiger, your brain and your body have to “talk” to each other using the nerves.

I want to thank all of you for being scientists today. I have enjoyed spending time with you today talking about the brain. I hope that you have had some fun and learned something about your brain.

REMEMBER, the brain and the body talk to each other. The brain and the body take care of each other and they need each other to stay healthy. And, we know that a healthy brain is SPECTacular!!!

THANK YOU SO MUCH FOR ALL OF YOUR HELP!!! Brain Health is not just SPECTacular...it is FUN!!!