



## What Do I Do? (🌈 A Social Health Story) (K – 4-5 yrs)

Children learn from watching others beginning from the time they are born. This story looks at social development and how children learn to trust themselves and others to make the right decisions.

- 🌈 There are a lot of choices to make in this world. Making good choices makes you feel good and that makes your brain happy and healthy. Making good choices means you first need to know what you know.
- 🌈 When you do not have all the information to make the right choice, you need to know who to ask for help.
- 🌈 Making good choices will help you feel good about yourself and makes your brain happy and healthy.

### ♥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 story is about Social Health – which is the S in SPECTacular. Social Health means you are keeping your brain healthy by being social.

"Being social" means you love yourself and you are nice to yourself.

It also means that you like and are nice to other people.

When you are nice to yourself and others, that makes your brain healthy.

So, let's see how you can keep your brain healthy.

### ♥SLIDE #2 – WHAT DO I DO?

As you grow up, there will be lots of times when you have to decide what to do.

There are going to be lots of choices you can make – some choices you make will be good and some choices you make will be bad. What??? Yes, some of the choices you make will be good and some of the choices will be bad.

When you have a choice to make and you have to decide, you may ask yourself...What Do I Do?

That is the title of today's story – What Do I DO?

Learning how to make decisions and make good choices will help you to feel good about yourself and that makes your brain healthy.

The "S" in SPEctacular is for Social Health. Being social means trusting yourself to make good choices. Sometimes you will need help to make the right choices.

And remember, helping your brain stay healthy is SPEctacular.

### ♥SLIDE #3 – DECISIONS AND CHOICES

When you ask yourself "What Do I Do?", you are trying to decide what to do because you have lots of **choices**.

You usually have more than one choice when you are trying to decide on something.

So many choices...and you want to make a good choice, not a bad one.

You have to **think** about what you know about all of your choices.

When you are trying to make a decision (choose which choice is best), you usually have to think about things that you have already learned.

You have to **decide** what is the right choice to make.

When someone lets you make your own decision, they are trusting that you will make good decisions.

### ♥SLIDE #4 – GOOD CHOICES AND HEALTHY BRAIN

Making good choices makes you feel good and helps your brain to be healthy.

### ♥SLIDE #5 – DECISIONS AND CHOICES

Let me show you what I mean....

You and your friend are playing catch and your ball rolls into the road...**you ask yourself "What Do I Do?"**.

You KNOW that the road is where cars go and you don't want to get hit by a car, so...

**QUESTION: What would you do?** (talk about it with the children)

You decide to get someone bigger to help you. Because you KNOW that cars are dangerous. Better safe than sorry.

### ♥SLIDE #6 – DECISIONS AND CHOICES

You are going swimming – you can choose a bathing suit or a snow suit to wear... **you ask yourself "What Do I Do?"**.

**QUESTION: What would you do?** (talk about it with the children)

You have been swimming before and you **KNOW** that everyone wears some kind of bathing suit – not a snow suit. You decide to wear your bathing suit.

**♥SLIDE #7 – DECISIONS AND CHOICES**

You are toasting marshmallows over the fire and your marshmallow falls into the fire... **you ask yourself “What Do I Do?”**.

**QUESTION: What would you do?** (talk about it with the children)

You **KNOW** that fire is dangerous and you should **NEVER** touch it. You decide to say goodbye to your marshmallow and ask for another one to cook.

**♥SLIDE #8 – EASY CHOICES**

Some decisions that we make will be easy because your brain and your body are working together like a team.

Your body tells your brain something and then your brain lets you **think** about what you know and then helps you to **decide** what choice to make.

**♥SLIDE #9 – EASY CHOICES**

Think about this...

You are lying in bed and your body tells your brain that you need to go potty.

You have 2 choices – Do you get up and go to the bathroom or do you wet the bed?

**You ask yourself – “What Do I Do?”**

You could decide to get up and go into the bathroom – that would be a good choice.

Or, you could decide to wet the bed – that would be a bad choice.

Now sometimes you are sleeping and your body can't wake up your brain...so you have an **accident** and you wet the bed. That was not a choice that you make – it was an oopsy.

**♥SLIDE #10 – EASY CHOICES - LEARNING**

**QUESTION:** How do you know that you are supposed to go into the bathroom when your body tells you that you have to go potty?

At first, you wore diapers and you just went whenever. Then the people who took care of you taught you how to go the bathroom. This happened when you were really little, so you might not even remember.

Getting up and going into a bathroom is an **easy** choice to make when your body tells you that you have to go potty – because you **learned** that is what you are supposed to do.

**♥SLIDE #11 – EASY CHOICES**

Now, what if you go over to your friend's house to play and your body tells your brain that you need to go potty.

You KNOW that when you have to go potty, you need to go to the bathroom. But, this is your first time playing at your friend's house and you do not know where the bathroom is...

### **You ask yourself – “What Do I Do?”**

Ok...what are your choices? You could just pee your pants or you could ask someone where the bathroom is – because you KNOW that when your body tells your brain that you need to go potty that you need to find a bathroom.

**QUESTION:** Which choice do you think is a good one and which one is a bad one? Think about that a minute.

If you choose to pee your pants – then your pants will be wet and smelly.

You will make a mess at your friend's house that someone has to clean up.

Yup, asking someone where the bathroom is will be the better choice.

### **♥SLIDE #12 – MAKING THE RIGHT CHOICE: TRUST**

So, who do you ask? Well, you need to ask someone you **TRUST** – someone that you think will tell you the truth.

Let's think about this...

You like your friend. You think your friend will tell you the truth about where the bathroom is...so, you ask your friend. You know they will tell you the truth about where the bathroom is and you go to the bathroom.

We can trust people that we think will tell us the truth, our friends, our mom, our dad, our grandparents – all people who take care of us. These are people that we know will help us to make the right choices.

### **♥SLIDE #13 – MAKING THE RIGHT CHOICE**

Making a good choice is easy when you **learn** about things and when you have people who you **trust** to ask when you do not know things.

Learning things makes making decisions easier because you KNOW more and you can make good choices.

Now, you have learned where the bathroom is in your friend's house. Next time you have to make the choice about what to do when your body tells your brain that you have to go to the bathroom in your friend's house, you will KNOW where to go.

### **♥SLIDE #14 – HARDER CHOICES**

OK...so **listening to our bodies**, **asking people we trust**, and **learning stuff** helps us to make good choices. Those are easy choices to make. But, what about the hard choices...

**Question:** Who likes cookies? Yes...everyone likes cookies. We are all Cookie Monsters!!!

### **♥SLIDE #15 – HARDER CHOICES**

Ok...so you walk into the kitchen and you find a bunch of cookies on a tray. The cookies look like they just came out of the oven.

Your belly is telling your brain that you are hungry. The smell of just baked cookies is making you even hungrier.

**You ask yourself – “What Do I Do?”**

You have 2 choices...you could find the cookie maker and ask for a cookie or you could be like Cookie Monster and eat all the cookies.

**♥SLIDE #16 – THINK ABOUT WHAT YOU KNOW**

Ok...what are the things that you KNOW?

The cookies are still on the pan, so you KNOW they just came out of the oven. You have seen people take cookies out of the oven on a tray like the one they are on.

You know when someone takes cookies out of the oven, they usually has on oven mitts, because the oven is REALLY hot. So, you KNOW the cookies could be hot.

You also KNOW that when the cookies are cool and ready to eat, they are usually on a plate or in the cookie jar.

You also KNOW that you are hungry and you KNOW that you love cookies.

**You ask yourself – “What Do I Do?”**

**♥SLIDE #17 – HARDER CHOICES**

**QUESTION:** Which choice do you think is a good one and which one is a bad one? Should you take a cookie to eat or should you ask for a cookie? Think about that a minute.

**♥SLIDE #18 – CHOICES**

Yup, the good choice is to wait to ask someone if you can have one of the cookies and then eating the cookie. YUM!!!

If you just take a cookie to eat without asking, you could burn yourself on the pan or with the hot cookie. If you take a cookie without asking, you could get in trouble for just eating a cookie.

Even though you are hungry and you love cookies, getting burned and in trouble for eating the cookie would be a bad choice.

**♥SLIDE #19 – CHOICES – HELPING OTHERS**

Ok...what if your friend was over your house playing and they smelled the cookies and went into the kitchen to get one?

They might NOT KNOW that people leave cookies on the pan until they were cool. They would NOT KNOW that the cookies were ready to eat when they were on a plate or in the cookie jar.

So...your friend does NOT KNOW enough and they might make a bad decision. They might just go and get a burning hot cookie. They would burn their hands getting the cookie and burn their mouth eating the cookie.

You see your friend going over to the oven to get a cookie...

### **You ask yourself – “What Do I Do?”**

You do not want your friend to burn themselves, so you have to make a choice to tell your friend what you know about cookies that just came out of the oven.

You tell your friend that the cookies are hot and not safe to eat until the cookies are on a plate or in the cookie jar.

**Teaching** your friend what you know will help them to make good choices too!

### **♥SLIDE #19 – MAKING THE RIGHT DECISION**

As you grow up, you are going to have to make LOTS of decisions. What to eat, what to wear, whether or not to raise your hand to ask a question, share your toys, who to pick for friends...

Knowing what you know and what you do not know helps you to make good choices.

Knowing who to ask for help when you do not know something also helps you to make good choices.

Making good choices will help you to feel good about yourself and this will make your brain happy and healthy.

### **♥SLIDE #20 – CONCLUSION**

Thank you all for letting me talk to you have making good choices when you have a decision to make.

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, that the “S” in SPECTacular is for Social and being social means trusting yourself to make good choices. Helping your brain stay healthy is SPECTacular.

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