

Making Neuroscience Fun



A Brain Awareness Program for All Ages
It's SPECTacular!

Story General Information
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.

The facilitator begins by introducing themselves, neuroscience, and the program, Brain Health: It's SPECTacular. Brain Health is about maintaining a happy, healthy brain to feel good. In this story, the children explore how the brain and body work together to do all behaviors to survive and thrive!

The facilitator invites the children to be scientists! As scientists, the children ask and answer questions. In helping the facilitator to answer the overall question (How do the brain and body work together?), the children practice using inferencing and reasoning skills. This activity also helps children with their social development. While working to assist the facilitator, they are exhibiting prosocial behavior. Understanding what the facilitator needs then doing something to help, also allows the children to feel better about themselves, which boosts their self-esteem.

Through the process of elimination, the children identify where the brain is in their body. They discuss different parts of their bodies and what each part can do, such as hands/arms can give a hug and feet/legs can kick and dance. This solidifies that their bodies move. By talking about the five senses (see, taste, smell, feel, touch), children identify that their bodies are their sensory source too.

But, how can their bodies move and sense? Through discussion, the children conclude that the brain and body must communicate with each other. The brain and body are a unique structure designed to talk to one another through messages. These messages are sent through nerves. The nervous systems carries information throughout the body and the brain gathers, sorts, and stores that information. Children examine pictures of different nervous systems. They identify which animal the nervous system belongs to based on the images provided. This clarifies that a nervous system looks like the animal! Pretty awesome!

Why does the body need the brain if it is full of nerves? The body can only provide information to the brain. The body does not remember. It cannot do anything without the brain telling it what to do. The brain uses information from the body to make decisions. The brain remembers each message. The brain is able to use its memory and new information to make informed decisions. Then, it tells the body how to respond.

Finally, the children discuss different scenarios (eating a cookie/seeing a real tiger vs a stuffed tiger) with the facilitator. These scenarios explore and clarify how the brain and body communicate. The brain and body are a

hardworking team. Like any good team, communication is key. The brain and body must talk to each other to stay safe and healthy! Communication within the body is SPECTacular!

Story Objectives:

- Students will enhance their social skills and awareness by asking and answering questions to help solve a problem.
- Students will identify the brain is in the head.
- Students will discuss how the brain allows the body to move and sense things.
- Students will discuss how nerves allow the body and brain to “talk.”
- Students will explain why the brain and body “talk” through nerves.
- Students will discuss and describe why the body needs the brain.