



## The SPECTacular Way to Take Care of Your Brain (🧠 A Brain Health Story) (1<sup>st</sup> – 6 –7 yrs.)

Think, Pair, Share: Dare to Stay Safe



### STORY CONNECTION: SLIDE 7 (Approx Time: 15-20 mins)

Sometimes, other kids might “dare” us to do something that is dangerous. Remember, your job is to keep your brain and your body healthy – so doing something dangerous would not be the best thing for you to do. If someone “dares” you to do something that might be dangerous, please ask yourself... Would this help to keep my brain and my body healthy? Your brain and your body do soooooo much for you. Please, remember to do something for them by keeping them healthy.

#### Materials needed:

- Paper
- Pencils
- Chart paper or whiteboard
- Markers
- Strategies for Avoiding Dares visuals (1 per group-included below)

#### Preparation needed:

- Determine how student(s) will be grouped for the “pair” part of the activity.
- Print enough strategy sheets for each group.

#### Instructions:

1. This activity focuses on the social aspect of Brain Health and what student(s) can do to keep themselves safe when they are “dared” to do something.
2. First, review the importance of keeping their brain and body healthy. It is their job but sometimes people might want them to try to do things that are not good for their body or brain. They need to be prepared just in case this happens, and it will.
3. First, have student(s) think about a time they were dared or when someone they know was dared. Give them a few minutes to write or draw their experiences.
4. Invite a few student(s) to share with the group what they wrote or drew and to explain the situation.
5. Jot these situations down on the chart paper or whiteboard for future reference.
6. As a whole group, go over the strategies below for ways they can avoid “dares.” There are two websites listed at the bottom of the page with more suggestions you can use if needed.
  - Student(s) can use their parents as an excuse for not doing something. Student(s) could say something like “You know my parents; I cannot do that” or “My parents would kill me (not literally) if I did that.”

- Student(s) can use humor as an excuse for not doing something. Student(s) could say something like “You know I would make a fool of myself if I did that” or “I guarantee I will break something if I try that.”
  - Student(s) can change the subject and move on to a different topic altogether.
  - Student(s) can say NO and mean it.
  - Student(s) can walk away.
  - Student(s) can use the buddy system. Have a friend they know shares their opinions and feelings about things and stick together.
  - Student(s) can speak up and let a trusted adult know if there are things going on that are dangerous.
  - Student(s) can also just be upfront and serious about the situation and say something like “This is serious. We could get in serious trouble or seriously hurt by doing this. I am not risking it.”
7. Now, go back to the student(s)’ situations that they shared in step #3. Talk about which strategies they could have used to avoid the dare now that they have some tools to get out of a tricky situation.
  8. If you have a group of students, put the student(s) into groups of 2-3. Give each group a copy of the Strategies for Avoiding Dares sheet or have the strategies copied on chart paper so all student(s) can see it.
  9. Present the student(s) with age/grade appropriate scenarios that they might encounter (a few are listed below).
    - \*\*Note: Using scenarios relative to your student(s) and situation will be more beneficial and meaningful, so feel free to use your own to best meet their needs. \*\**
    - A classmate “dares” you to pull the fire alarm at school.
    - A friend “dares” you to take money from your mom’s or dad’s wallet without asking.
    - Your neighbor “dares” you to ride your bike without your helmet and take your hands off the handlebars.
    - Your brother “dares” you to try to pet the neighbor’s dog through the fence.
    - Your sister “dares” you ride your skateboard down a hill with your eyes closed.
    - A classmate dares you to clog the toilet at school with paper towels.
    - Your friend “dares” you to eat a super spicy pepper that is growing in their garden.
  10. If you have a group of students, give the groups/partners time to talk about the scenario and what they would do if they were in that situation.
  11. Come back together as a group and have some of the student(s) share what they talked about with their peers. Answer questions, clarify, and make suggestions to their ideas as needed.
  12. Present a new scenario and repeat steps 5-6.
  13. In closing, review that there will be times that others try to get them to do things that are not safe and healthy for their body and brain. They need to be prepared for these situations so they can do all they can to keep their body and brain safe.

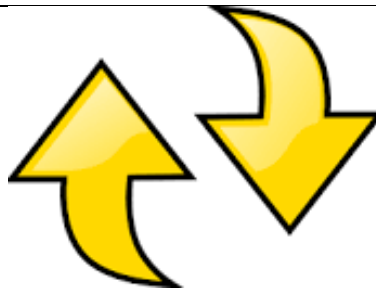
## Strategies for Avoiding Dares



Students can use their parents as an excuse for not doing something.



Students can use humor as an excuse for not doing something.



Students can change the subject and move on to a different topic altogether.



Students can say NO and mean it.



Students can walk away.



Students can use the buddy system and stick with a friend they know shares their opinions and feelings.



Students can speak up and let a trusted adult know if there are things going on that are dangerous.



Students can also just be upfront and serious.

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More information, tips, and idea credit: <https://www.purdue.edu/newsroom/releases/2018/Q2/online-dares-parent-tips-for-talking-to-youth-about-risk,-choices.html>

<https://share.upmc.com/2018/08/peer-pressure-and-internet-dares/>