



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

Video: Eat, Move, Sleep, Repeat

 **STORY CONNECTION: SLIDES 9-11 (Approx Time: Part I 15-20 mins; Part II 10-15 mins; Part III 10-15 mins)**

You need food, exercise, and sleep to give your brain the things it needs to stay physically healthy. We know that the brain gets its energy from the food we eat, so we need to make sure that when our body & our brain needs food – that we do what we need to do to get it. That makes our body and our brain healthy. Your body is made of lots of muscles and muscles like to move. When your brain makes your muscles move then, then your muscles are happy. That makes your brain happy. The last physical thing that you can do to keep your brain healthy is get enough sleep. Your brain works hard – both when you are awake and when you are asleep. Sleeping lets your brain rest a bit and get ready for the next day. We know that a happy brain is a healthy brain.

Materials needed:

- Video 1 (eating): <https://thekidshouldseethis.com/post/eat-your-rainbow-a-vocabulary-packed-sing-along-song> (3:30)
- Video 2 (moving): <https://thekidshouldseethis.com/post/dance-dance-noodlution-movement-song-with-noodle-loaf> (3:04)
- Video 3 (sleeping): <https://www.youtube.com/watch?v=CoCL0IB4u4g> (5:46)
- Equipment to show online videos
- Paper or rainbow template below
- Crayons, markers, colored pencils
- Grocery store ad flyers (optional)

Preparation needed:

- Preview the three videos.
- Determine which parts you will complete. (You can do any or all of these at your discretion.)
- Part 1: Determine what student(s) will use for their food rainbow.
 - Student(s) can use grocery store ad flyers to cut out foods in assorted colors to glue on the rainbow template below.
 - Student(s) can use the template below and draw their food on it.
 - Student(s) can simply draw foods on a piece of paper that has a rainbow drawing on it.
 - Below is a resource that lists foods in different colors of the rainbow that might be helpful to give ideas of foods to use.
- Part 1: Create an example (optional)
- Part 2: Determine if student(s) will work independently, in partners or small groups.

Instructions:

- This activity focuses on the physical aspect of Brain Health and contains three different options. Each of these options includes a video and an activity. One activity is about eating, one activity is about moving, and one activity is about sleeping.

Part I: Eating Food

1. Eating food is the first part of Physical Health that this activity focuses on. They will watch a movie and make a food rainbow.
2. Watch this video:
<https://thekidshouldseethis.com/post/eat-your-rainbow-a-vocabulary-packed-sing-along-song>
3. When the video is over, discuss the content with student(s) by asking questions.
Suggested Questions:
 - Can you name the colors you saw?
 - Can you name the foods you saw?
 - What information did you hear that you think is valuable or important?
4. Next, tell student(s) that they will be making a food rainbow.
***Optional: Show an example. ***
5. Explain to student(s) (based on your plan) the process for creating their rainbow.
For example: "On your table you will have many grocery store ads. You want to find different colored foods in the ads. Cut those foods out and glue them to your rainbow. Remember, you are looking for foods that are the different colors of the rainbow (ROYGBIV)!"
6. Pass out needed materials.
7. Give student(s) an allotted amount of time to work on their rainbow.
8. When time is over, have student(s) share their rainbows and/or display them in the room for others to see.
***Suggestion: A gallery walk is a great way to showcase student work for everyone to see. ***
9. In closing, remind student(s) that the brain gets its energy from the food we eat, so we need to make sure that when our body & our brain needs food – that we do what we need to do to get it. That makes our body and our brain healthy.

Part II: Moving

1. Moving is the second part of Physical Health that this activity focuses on.
2. Watch this video:
<https://thekidshouldseethis.com/post/dance-dance-noodlution-movement-song-with-noodle-loaf>
3. When the video is over, ask the student(s) and allow them to answer out loud.
How are you feeling after doing the dance moves?
(energized, hot, tired, sweaty, heart pumping, happy, etc.).
4. If you have multiple student, partner the students or put them into small groups.
5. Explain to the student(s) that you will be presenting a question to them. They will have time to talk about their answer with their partner/group. When time is called, you will repeat the question, and call on a student to share the answer of ANOTHER person in their group. They cannot share their answer. This will make them focus and listen to what the others in the groups are saying.
6. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
7. Begin the activity by asking student(s) the first question. Use the following questions or your own.
 - What was your favorite move?
 - What was your least favorite move?
 - What was the most challenging move for you?
 - How did you feel after doing the activity?
 - Would you like to do the activity again? Why or why not?
8. In closing, remind student(s) that their body is made of lots of muscles and muscles like to move. When their brain makes your muscles move then, then your muscles are happy. That makes your brain happy.

Part III: Sleeping

1. Sleeping is the final part of Physical Health that this activity focuses on.
2. Watch this video: <https://www.youtube.com/watch?v=CoCL0IB4u4g>

3. When the video is over, discuss the content with student(s). Ask them to share any information that they found cool, interesting, confusing, etc.
4. Next, explain to student(s) that you will read a habit out loud. They must decide if it is a healthy or unhealthy sleep habit. They will have the opportunity to share their ideas and opinions out loud and should support their thoughts by saying “why” they think it is healthy or unhealthy.

For example: If I heard the habit, “listening to loud dance music every night before bedtime,” I would think about how dance music makes me really excited and happy. I just can’t sit still. I have to move and groove! This would wind me up! This would not make me calm and ready to sleep. This...although fun...would be a poor habit to have before bed.”

5. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
6. Begin by sharing one habit out loud. Give student(s) time to think then ask for responses.

Habits

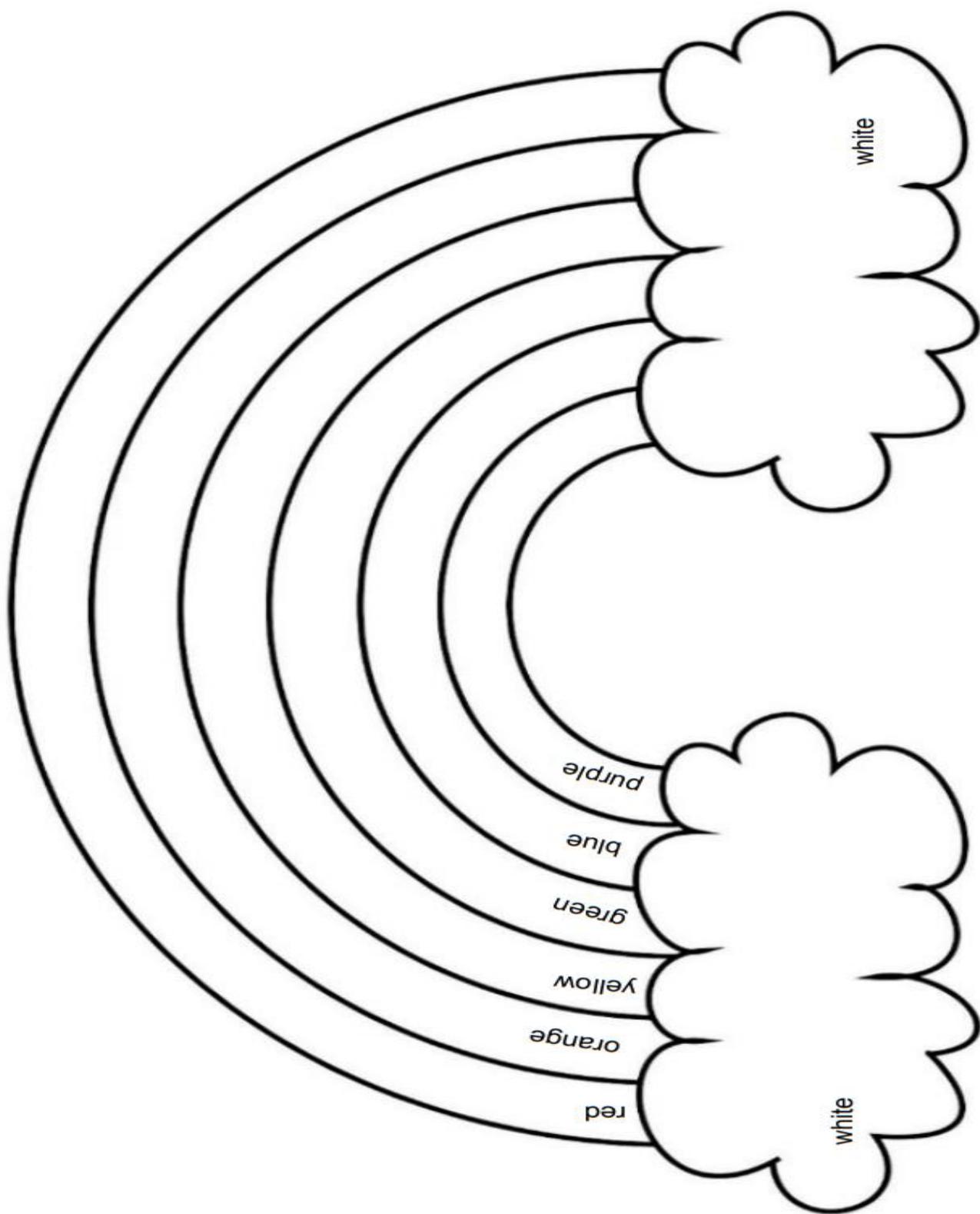
- Eating a big meal with a soda right before bedtime
 - Sleeping in a room that is dark
 - Having pets sleep with you
 - Reading a book
 - Playing on your tablet
 - Watching a scary movie or reading a scary book
 - Going to bed at about the same time each night
 - Having a routine—pajamas, brush teeth, water, read book
 - Playing a rowdy and rough game with your siblings
 - Having a cool room
7. Repeat activity for as long as desired. Feel free to add your own “habits” too!
 8. In closing, remind student(s) that they need to get sleep each night to keep their brain healthy. Their brain works hard – both when you are awake and when you are asleep. Sleeping lets their brain rest a bit and get ready for the next day. We know that a happy brain is a healthy brain.

FOOD RAINBOW

Eat at least one fruit or vegetable from each colour group to get a full complement of vitamins, nutrients and phytochemicals,—and help keep us healthy!

COLOUR	RED	ORANGE/YELLOW	GREEN	BLUE/PURPLE	WHITE
WHY EAT THEM?	<p>Lycopenes</p> <ul style="list-style-type: none"> » may reduce the risk of cancer <p>Anthocyanins</p> <ul style="list-style-type: none"> » protect cells from damage » good for heart health 	<p>Carotenoids*</p> <ul style="list-style-type: none"> » reduce risk of cancer & heart disease » improve your immune system » maintain healthy mucous membranes and eyes 	<p>Lutein</p> <ul style="list-style-type: none"> » keeps eyes healthy » protects against some cancers 	<p>Anthocyanins</p> <ul style="list-style-type: none"> » protect cells from damage » may reduce risk of cancer, stroke & heart disease » may improve memory 	<p>Anthoxanthins</p> <ul style="list-style-type: none"> » lower cholesterol and blood pressure » may reduce some cancers and heart disease
FOODS	<ul style="list-style-type: none"> » Red apples » Beets » Red cabbage » Cherries » Cranberries » Pink grapefruit » Red grapes » Red peppers » Pomegranates » Red potatoes » Radishes » Raspberries » Rhubarb » Strawberries » Tomatoes » Watermelon 	<p>Yellow</p> <ul style="list-style-type: none"> » Yellow apples » Lemons » Yellow peppers » Pears » Corn » Pineapple » Yellow beans <p>Orange</p> <ul style="list-style-type: none"> » Apricots » Butternut squash » Cantaloupe » Carrots » Grapefruit » Mangoes » Nectarines » Oranges » Papayas » Peaches » Pumpkin » Sweet potatoes 	<ul style="list-style-type: none"> » Green apples » Artichokes » Asparagus » Avocados » Green beans » Broccoli » Brussels sprouts » Green cabbage » Cucumbers » Green grapes » Honeydew melon » Kale » Kiwi » Lettuce » Limes » Green onions » Peas » Green pepper » Spinach » Zucchini 	<ul style="list-style-type: none"> » Blackberries » Blueberries » Eggplant » Figs » Plums » Prunes » Purple grapes » Raisins 	<ul style="list-style-type: none"> » Bananas » Cauliflower » Garlic » Ginger » Mushrooms » Onions » Parsnips » Potatoes » Turnips

*Note: Citrus fruits like oranges aren't a source of Vitamin A (produced by carotenoids) but they are a good source of vitamin C and folate (a B vitamin)



Rainbow Image Credit: <https://www.whatmommydoes.com/printable-rainbow-templates/>

Foods in the Rainbow - <https://www.scienceworld.ca/wp-content/uploads/attachments/resources/FoodRainbow.pdf>