



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



**STORY CONNECTION: SLIDE 14 (Approx Time: 15-20 mins)**

Keeping your brain and your body healthy is important.

There are 4 things that you need to do to be sure your brain and your body are healthy.

1. Know what you can and cannot do now – and know that you will be able to do more as your brain and body grows. That is the S in SPECTacular and that is for your Social Health.
2. Take care of your Physical Health, by giving your brain and your body the energy, movement, and sleep that it needs to do the things you need to do. That is the P in SPECTacular and that is for your Physical Health.
3. When you understand your emotions and know that it is ok to feel lots of different emotions, then you will have good Emotional Health. That is the E in SPECTacular.
4. If you use your brain to think, learn and understand the world around you, then you will have good Cognitive Health. That is the C in SPECTacular and that is for your Cognitive Health.

**Materials needed:**

- SPEC posters included below
- Paper
- Markers
- Tape

**Preparation needed:**

- Print or make posters
- Hang posters in four different areas of the room

**Instructions:**

1. This activity is a review of all four components of Brain Health: S=social, P=physical, E=emotional, and C=cognitive. This activity will give students an opportunity to test their knowledge of different actions and behaviors and which category they belong in.
2. Begin by reviewing each letter and what it means with the students. Point to them in the room. Make sure they understand each component before starting the activity.
3. Explain that they will hear an action or behavior that is good for their body and healthy for their brain. Their job is to go to the correct part of the room that goes with that action or behavior.  
For example, if I read, “You are learning to read and getting better every day at reading by yourself.” I would move to the S for Social Health because this shows that I know more and can do more on my own.

**\*\*NOTE: If a student moves to an area that is not the “correct” or “suggested” response, have them explain their thinking and proceed as you see fit based on their reasoning.\*\***

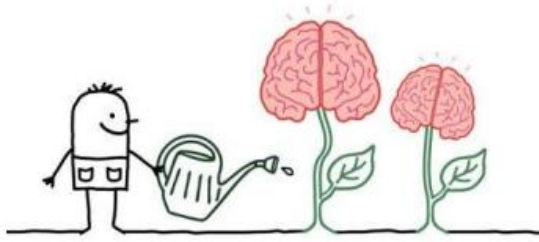
For example: “Maybe someone moves to C for cognitive. I would ask them why they moved there. They share “because you need to be thinking when you are reading.” That is a true statement, and they supported their answer. C for Cognitive is correct too! Be sure you know why you moved to the corner you did!”

4. After each round, students will come back to the middle of the room to start before giving them the next action or behavior.
5. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
6. Have all students stand in the middle of the room and read the first statement.  
Examples include: **\*\*Mix up the examples as you read them to get kids moving around more. \*\***
  - You are learning to read and getting better every day at reading by yourself. **Social**
  - You are good at math, but your friend is better at writing. **Social**
  - You still cross the street with an adult because it is safer. **Social**
  - You wear a helmet because you want to protect your brain. **Social**
  - You do NOT take dangerous dares because you are smarter than that! **Social**
  - You pay attention to the clues your stomach gives you that it needs food for energy. **Physical**
  - You try to eat a variety of foods to give your body the nutrients it needs. **Physical**
  - You play and move every day to keep your muscles and brain happy. **Physical**
  - You get enough sleep each night so your brain can clean up from the day and store information. **Physical**
  - You have good sleep habits and routines, so you get enough rest each night. **Physical**
  - You understand that it is okay to feel things like happiness, sadness, anger, disgust, and worry. **Emotional**
  - You know that if you put a smile on your face, your happy place will be turned on. **Emotional**
  - You know that your brain wants to be happy and when you take care of it, it is happy. **Emotional**
  - You understand that making other people happy can also make you happy. **Emotional**
  - You know that your brain likes to learn new things. **Cognitive**
  - You know that your brain stores information so you can use it later. **Cognitive**
  - You do puzzles and other “brain games” to keep your brain thinking and learning. **Cognitive**
  - You use your brain to think, learn, and understand the world around you. **Cognitive**
7. Repeat activity for as many rounds as desired.
8. In closing, review one last time the four aspects of Brain Health from the story. There are 4 things that they need to do to be sure their brain and their body are healthy: S=Social Health, P=Physical Health, E=Emotional Health, and C=Cognitive Health. If they pay attention to each area and take care of their body and brain, they will have a happy body and brain.

Brain Fitness Activity Idea Credit: <https://faculty.washington.edu/chudler/brainfit.html>

Brain Bullet Image Credit: <https://encrypted->

[tbn0.gstatic.com/images?q=tbn:ANd9GcTLKKDbsy9hR1BqBVj7ZvCSkVUhX0XFSmx2P0WiH5Kll9-PbWC&s](https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTLKKDbsy9hR1BqBVj7ZvCSkVUhX0XFSmx2P0WiH5Kll9-PbWC&s)



# S

## Social Health



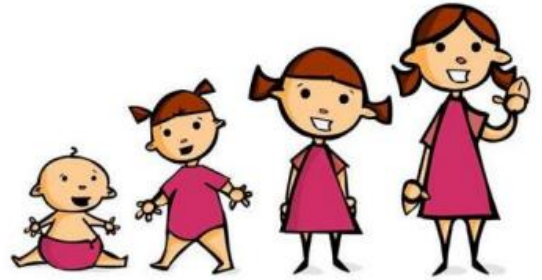
Know what you can and cannot do now



Know that you will be able to more as your brain and body grows



Know that there are things you should not do because they are not safe



# P

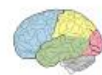
## Physical Health



Know that our brain needs energy from food to help us to do all the things that we do



Know that keeping our body moving is something else that we can do to keep our brain healthy



Know that to keep your brain healthy get enough sleep





# E



## Emotional Health



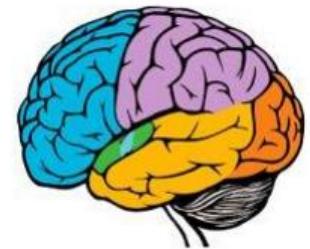
Know that it is okay to feel different emotions



Know that we will feel sad, worried, shy, disgusted, scared, or angry sometimes



Know that we should try to be happy so our brain will turn on or happy place



# C



## Cognitive Health



Know that your brain likes to know things



Know that your brain takes information and stores it for you to use later



Know that you should always try to keep learning and thinking

