








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

-  **#1-Think, Pair, Share: Dare to Stay Safe**
 - Students learn strategies and practice using them to get out of dangerous situations.
 - Approx Time: 15-20 mins
 - Story Connection: Slide 7

-  **#2-Video: Eat, Move, Sleep, Repeat**
 - Students watch a video and do an activity to remind them of the importance of eating, moving, and sleeping.
 - Approx Time: Part I 15-20 mins; Part II 10-15 mins; Part III 10-15 mins
 - Story Connection: Slides 9-11

-  **#3-Game: Name That Emotion**
 - Students draw, describe, and act out a variety of emotions to earn points for their team.
 - Approx Time: 15-20 mins
 - Story Connection: Slide 12
 - Group Activity

-  **#4-Demonstration: Word Versus Color**
 - Students stretch their brains by reading color words that do not match their colors.
 - Approx Time: 15-20 mins
 - Story Connection: Slide 13

-  **#5-Physical Activity: Brain Fitness**
 - Students exercise their brains by reviewing the SPECTacular things they can do to take care of their brains.
 - Approx Time: 15-20 mins
 - Story Connection: Slide 14