

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

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

This story emphasizes the importance of a healthy brain, and ways to keep one's brain healthy.

- 🌈 You brain helps you to do lots of things. As your brain grows, so do the things that you can do.
- 🌈 Taking care of your brain to keep it healthy is SPECTacular.
- 🌈 If you take care of your brain, your brain will take care of you.

🌈 SLIDE #1 - INTRODUCTION:

Good Morning (or Afternoon) (or Hello)!

My name is _____ and I *(describe who you are and give your relation to neuroscience – ex. you are a Neuroscientist, you study neuroscience, you have a friend that is a neuroscientist or you have recently been learning a lot about neuroscience)*.

That's a really big word! But, a neuroscientist is a person who knows a lot about the brain.

I am here today to talk to you about making your brain healthy or feeling good. It is REALLY easy to do and anyone can do it.

I love to talk about Brain Health because it's SPECTacular!!! SPECTacular means "GREAT!" When your brain is SPECTacular, you are a happy and healthy person.

To spell SPECTacular you need...S – P – E – and C.

To keep your brain healthy, you also need S – P – E – and C.

The 1st thing that helps your brain stay healthy is loving yourself and loving other people-that is being **Social**. That is the **S**.

"Being social" means you love yourself and you are nice to yourself.

It also means that you like and are nice to other people.

The 2nd thing that helps your brain stay healthy is taking care of your body – that is being **Physical**. That is the **P**.

Being physical means, you move your body, you eat to get energy, and you sleep to rest.

The 3rd thing that helps your brain stay healthy is knowing how and why you "feel" – **Emotions**.

That is the **E**.

There are lots of emotions. Being happy, sad, surprised, disgusted or mad. These are all emotions that we can feel and experience.

Knowing that we have different emotions and that we can control them is very important to making our brain healthy.

The 4th thing you can do to make your brain healthy is to think...and not just when you are in school.

Cognition - that is the **C** – is a big word that means being able to think.

Inside your head, your brain thinks all the time!!!

So, let's see how you can keep your brain healthy.

SLIDE #2 – THE SPECtacular WAY TO TAKE CARE OF YOUR BRAIN

It is important to have a healthy brain.

In this story, we will talk about ways that you can make sure that your brain is healthy.

The easiest way for you to make sure that your brain is healthy is to remember that a healthy brain is SPECtacular.

Knowing that the S is for Social – your brain lets you know all the different things you can do as you and your brain grow.

Knowing that the P is for Physical – your brain needs food for energy, it needs you to move and we know that your brain is taking care of you when you are sleeping.

Knowing that the E is for Emotional – your brain wants you to be happy, it even has a happy place.

Knowing that the C is for Cognitive (big word for thinking) – your brain helps you to learn about the world and we all know different things.

So, let's see how we can make sure our brain is healthy.

SLIDE #3 – BRAIN HELPS YOU

Your brain helps you to do a lot of different things.

QUESTION: What are some of the things that you like to do?

Your brain helps you do ALL of those things. Your brain helps you when you are playing, when you are at school or at home working, when you are talking to your friends and family...it helps you do everything.

In order to do all the things that our brain helps us to do – we need to take care of our brain. How do we do that?

SLIDE #4 – SOCIAL

The first thing that you need to know is that as you grow up, your brain is also growing and you are able to do more and more things.

This is the S part of SPECTacular – social. Knowing yourself and understanding what you can do now is something that will help you to keep your brain healthy.

SLIDE #5 – 1ST GRADE

When you are in 1st grade, there are going to be lots of things that you are learning how to do.

Some things you learn will be easy for you, other things will be hard for you to learn.

You may love numbers – so counting and doing math is fun for you. But, you having trouble sounding out words.

You are going to find that sometimes you think things are easy to do and your friend thinks they are hard to do.

While you love math, your friend has trouble with numbers.

AND, there are some things that your friends are going to think are easy to do and you think they are hard to do.

Your friend loves to read, while you have trouble reading.

Don't worry about any of this...it is OK. When you are in 1st grade, everyone is still growing – which means all your brains are still growing too. And everyone grows at different times.

So, both you and your friends eventually will be able to do math and read. Also, remember you can always practice what you are not good at – this will help your brain too.

SLIDE #6 – KNOW WHAT YOU CAN DO

Knowing what we can do and what we cannot do – yet – will keep our brain healthy. It will also keep our bodies healthy.

There are some things that we cannot do as 1st graders and trying to do those things might be dangerous - which will not keep our brain or our body healthy.

QUESTION: Why is it NOT a good idea for you to cross the street by yourself?

That is right. You might get smooshed by a car. Not good and definitely NOT the way to keep our brain and our body healthy.

As you and your brain continue to grow, there will be more things that you can do. Knowing yourself and what you can and cannot do is the social part of your brain taking care of you. The S in SPECTacular.

SLIDE #7 – HELP YOUR BRAIN AND YOUR BODY STAY SAFE

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 – like playing with fire 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 be helping 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.

Knowing what you should be doing and what you should not be doing to keep your brain and your body safe is the social part of your brain taking care of you. The S in SPEcTacular.

SLIDE #8 – PHYSICAL

The second thing that you need to do to keep your brain healthy is to give your brain the things it needs to stay physically healthy → food, moving your body (exercise) and sleep.

This is the P part of SPEcTacular – and it means taking care of the physical needs of your brain.

SLIDE #9 – ENERGY

We know that our brain needs energy to help us to do all the things that we do.

When we run out of energy, we feel tired. Our brain is tired too.

We also 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.

SLIDE #10 – MOVING

Keeping our body moving is something else that we can do to keep our brain healthy.

Moving your body could be playing at the playground, riding your bike, going for a walk – anything that gets your body moving.

Wait a minute...How does moving our body keep 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.

We all know that a happy brain is a healthy brain.

SLIDE #11 – SLEEPING

The last physical thing that your 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.

SLIDE #12 – EMOTIONS

The E in SPEcTacular is for our emotions.

It is important to understand that it is ok to “feel” different things – like being sad or angry – but, you should try to be happy.

Your brain has a special place that is turned on when you are happy and that makes your brain healthy.

Just putting a smile on your face will turn on your “happy place” and you will feel happy and your brain will be healthy.

SLIDE #13 – COGNITIVE

The last thing that we need to do to keep our brain healthy is to keep learning and thinking.

This is the C in SPEcTacular and it stands for cognitive.

Your brain likes to “know” things. It then takes that information and stores it so you can remember it later.

Being able to know things and learn things and think of things – that will keep your brain healthy.

SLIDE #14 – SPEC HEALTH

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 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 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.

When you do all these things, then your brain will be SPEcTacular!!!

Remember, if you take care of your brain, then your brain will take care of you.

SLIDE #15 – CONCLUSION

Thank you all for letting me talk to you about why Brain Health is SPEcTacular.

I have enjoyed spending time with you today talking about the brain. I hope that you have had some fun and learned something about your brain.

REMEMBER, helping your brain stay healthy is SPEcTacular.

The SPEcTacular way that you take care of your brain is taking care of your Social Health is by knowing yourself and what you can do. This is the S in SPEcTacular.

The SPEcTacular way that you take care of your brain is by taking care of your Physical Health by giving your body energy and sleep and by moving your body. This is the P in SPEcTacular.

The SPEcTacular way that you take care of your brain is by taking care of your Emotional Health by understanding your emotions. This is the E in SPEcTacular.

The SPEcTacular way that you take care of your brain is by taking care of your Cognitive Health by thinking and learning. This is the C in SPEcTacular.

THANK YOU SO MUCH FOR ALL OF YOUR HELP!!! Brain Health is not just SPECTacular...it is FUN!!!