

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Activities Summary

Do You Know What I Know (🧠 A Cognitive Health Story) (1st Grade – 6-7 yrs.)



#1-Experiment: Come to Your Senses

- Students explore using their senses to guess unknown items.
- Approx Time: 20-25 mins
- Story Connection: Slides 3-4



#2-Demonstration: Memory Master

- Students work on short-term memory skills with this online remembering challenge.
- Approx Time: 5-10 mins
- Story Connection: Slides 9-13



#3-Demonstration: Now You See It, Now You Don't

- Students refine their memory with some demonstrations to test their attention to detail.
- Approx Time: 15-20 mins
- Story Connection: Slide 11



#4-Think-Pair-Share: What Do You Know and How Do You Know It?

- Students brainstorm, collaborate, and share about themselves and their classmates.
- Approx Time: 10-15 mins
- Story Connection: Slide 14 & 17



#5-Game: Time Flies When You're Having Fun

- Students earn points for finding fun ways to practice not-so-fun tasks.
- Approx Time: 15-20 mins
- Story Connection: Slide 16