



### **Story General Information**

#### **Do You Know What I Know? (🌍 A Cognitive Health Story) (1<sup>st</sup> Grade- 6-7 yrs.)**

This story helps children to understand that everyone is able to learn things about the world around them, but what one person “knows” may be different from what another person “knows”.

- 🌍 We learn about the world that is around us because people live in different places and people “see” and learn different things.
- 🌍 What people are paying attention to plays a big role in learning, changing how we “see” the world, and how we remember what we “see”.
- 🌍 Understanding that different people “know” different things and being able to learn from each other is important to keeping our brain healthy.

The facilitator begins by introducing themselves, neuroscience, and the program: Brain Health: It's SPECTacular. They explain the **C** in SPECTacular represents Cognitive Health. In this lesson, children learn that people know different things about the world because of what they see and how they experience the world. Knowing about the world and understanding that people know different things is part of Cognitive Health, which is an important component of a healthy and happy brain.

There are different ways for people to learn about the world: senses, patterns, location, and people. Knowing about the world is imperative to stay alive and survive. The facilitator walks the children through each way by discussing a couple scenarios. The children identify their five senses as one way to gather information about the environment around them. People learn from patterns. A baby cannot get food; therefore, he cries or signals his mother, who then feeds him. The baby has learned that by doing this behavior, he receives the food he needs to survive. Location also determines what information is learned. Living in a city versus living in a rural area elicits different knowledge and skills. When someone comes across a cat in a city, it most likely poses no threat or danger to them. However, in a more rural area, a cat could be a mountain lion that, if provoked, is a potential danger to anyone around it. Other people also provide important information to understanding and learning new things. Sometimes information must be shared by another person, it cannot be gathered by the five senses. A child may not know a mountain is a potential threat, unless their parents tell them.

The facilitator helps the student recognize that the brain takes in a lot of information at one time. However, it does not process all that information the same way. Brains identify what information is more important based on the interest and situation. One child might be drawn towards a dog versus a cat because they have a dog at home but have never been around a cat before. If a group of children are watching a parade, one might focus on the marching band because they like music, while his friend is watching the floats and balloons because they are interested in visual art and how things move.

Learning and knowing different things than a friend is very special. It allows people to share information and help others learn about the world around them in a new way. This builds a strong cognitive brain. When the brain is thinking, learning, and understanding, it is a happy and healthy brain! Isn't that SPECTacular?

**Story Objectives:**

- Students will recognize we learn about the world around us so we can survive and stay alive.
- Students will identify the five senses used to gather information about the world.
- Students will describe why different people learn and know different things about the world.
- Students will recognize that we also learn information from other people.
- Students will describe that different interest and environments cause people to learn different information.
- Students will explain we can learn from other people by asking questions, watching, and listening.
- Students will recognize and respect the importance of differences in friends and people.
- Students will identify the benefits to the brain of sharing and receiving knowledge.