



## 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 and because people live in different places, 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.

### 🌈 SLIDE #1 - INTRODUCTION:

Good Morning (Afternoon)!

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).

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 how you can help to make your brain healthy – feeling good. It is REALLY easy 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.

This story is about Cognitive Health – which is the C in SPECTacular. Cognitive Health is about thinking...and not just when you are in school. Cognitive is a big word that means being able to think.

Your brain thinks all the time, that is something you do inside of your head.

It is your brain’s job to think and by thinking you are making your brain healthy.

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

### 🌈 SLIDE #2 – DO YOU KNOW WHAT I KNOW?

From a very young age, we learn about the world around us. We need to learn about the world, so that we can stay alive.

When we were babies, we learned that when we were hungry we could cry and then someone would bring us food to eat.

**QUESTION:** When you are hungry, do you cry to get food?

No, of course not. As you got older, you learned how to talk and you learned that you could ask for food when you are hungry. You could not ask for food when you were a baby because babies cannot talk.

People need to eat, so they learn what they need to do to get the food that they need to stay alive.

Being able to learn about the world you live in and being able to learn how to stay alive in the world you live in is important to having a healthy brain.

### **SLIDE #3 – SENSES**

We learn about the world around us by using our senses.

We can see, hear, smell, taste and touch the world around us.

**QUESTION:** Did you ever wonder why babies put everything in their mouths?

Early in a baby's life, food is very important – (think about it, most babies spend their time eating, sleeping and going to the bathroom in their diapers!).

So, babies are always looking for things to eat – which is why everything goes in their mouths. They are exploring the world with their mouth because they are trying to find food.

### **SLIDE #4 – SAME/DIFFERENT**

Because you get most of the information about the world you live in through your senses – seeing, hearing, smelling, tasting, and touching - different people learn different things – depending on where they live.

If you live in the city and you see a cat, most likely this is going to be a kitty cat.

If your friend lives in the country and they see a cat, the cat could be a mountain lion.

Depending on where you and your friend are – you could both be seeing a cat – but, the cat would be different.

That is important to understand because the way that you behave around the different cats would be different.

### **SLIDE #5 – LEARN FROM PEOPLE TOO**

That brings me to my next point.

While we learn things about the world by getting information from our senses, we also learn from other people who are around us and are helping us.

If you are in the city and see a kitty cat for the first time, someone may have told you it was alright to pet the cat – but, to be gentle, so you do not hurt the cat.

You pet the cat and it starts to purr because it likes what you are doing.

Your hand tells you that the cat is soft and you like to hear the sound the cat makes when it is purring, so you learn that you like cats.

## SLIDE #6 – LEARN FROM PEOPLE TOO

Now, what about your friend that lives in the country.

**QUESTION:** Do you think that someone told your friend that it was alright to pet the mountain lion?

Of course not!!! Mountain lions are wild animals and even though they are members of the cat family – they are not the kind of cats that liked to be petted by people.

So, someone probably told your friend to stay away from mountain lions. Mountain lions are not used to being around people and they could hurt you if you tried to touch it.

You would not know this, just by using your senses. Someone would have to teach this to you.

## SLIDE #7 – LEARN DIFFERENT THINGS

So, you see that different people – depending on where they live – might learn different things.

Namely, if you live in a city, you learn a cat is a kitty cat – ok to touch the cat if you are gentle.

Your friend lives in the country, he learns a cat could be a mountain lion – so touching...not so much.

So, you would know what you learned and your friend would know what your friend learned.

You both learned about cats, but because you live in different places you **know** different things about cats because different places have different cats.

## SLIDE #8 – ATTENTION

There is a lot to learn about the world that we live in and our senses “take in” a lot of information and sends it to your brain.

But, your brain does not process all the information that your senses send to you – there is just too much of it.

Your brain only pays attention to some of the information – which for some reason is more important than the other information.

## SLIDE #9 – IMPORTANT INFORMATION

Your brain is constantly getting information from your senses.

Hmmm...What makes some information more important than other information? That is a really good question.

The answer is different things.

Different things are important to some people and not others and different things are important to a person at different times.

## SLIDE #10 – DOGS & CATS

Ok...different things are important to different people, what does that mean?

Let's think about 2 different people. One absolutely LOVES dogs and the other one absolutely LOVES cats.

There could be lots of reasons why someone is a cat person and someone else is a dog person.

It could be that their family only has cats or dogs.

It could be that they think dogs are too big and take up too much space.

It could be that they think cats are too small and they hide a lot.

It could be lots of different things.

### **SLIDE #11 – DOGS & CATS**

Now because there are people who are cat people and others that are dog people, those people tend to pay more attention to the animal they love more.

So, a cat person pays attention to cats when they see them and a dog person pays attention to dog when they see them.

Look at this picture...(make the picture disappear).

**QUESTION:** What can you tell me about the picture that just disappeared?

Ok...there were more cats than dogs. The dogs were bigger. The smallest animal was a dog.

Because people pay more attention to the animal they love, they learn more about these animals.

### **SLIDE #12 – INTERESTED**

Now, you pay more attention to things that you like – that interest you – but, you also pay attention to things that you know are important to you.

You may pay attention to rules of a game – like baseball – because you like playing baseball and knowing the rules are important to you.

You may pay attention to what a teacher says in school, because you either like the subject or you want to do well in your class. (Getting good grades may be important to you – or – you know that doing well in school will make your family happy.)

When you are hungry, you may pay attention to someone who is telling you how to get food (or even how to cook food) because you like to eat.

When you are interested in something, or it is important to you – you pay more attention to it. When you pay more attention to something, then you learn more about it.

### **SLIDE #13 – A PARADE**

Let's say that 3 friends had watched a parade. Depending on what kinds of things they liked or they were interested in, the 3 friends might all know more about certain parts of the parade.

One of your friends may love floats, so she is thinking about the princess float from the parade.

Another friend loves clowns, so he is thinking about the clown car that was in the parade.

Your 3<sup>rd</sup> friend loves musical instruments, so he is thinking about the marching band.

What people know and learn about the world depends on what they were paying attention to and we know that if you like or are interested in something – you pay more attention to it.

Different people may learn different things because they are paying attention to different things.

They are paying attention to different things because for some reason, those things are important to them.

So, you would know what you were paying attention to and your friends would know what they were paying attention to.

You **know** different things because you were all paying attention to different things.

#### **SLIDE #14 – WHAT WE KNOW**

It is ok that you know some things and your friend knows other things. That is one of the ways that you and your friend are different.

When you learn things, it changes your brain. So, you and your friends have learned things. This makes your brain different than your friend's brain.

Even when you and your friends learn the same thing, because your brains are different you may learn the same thing differently.

There are going to be some things that we all know – like the sky is up and planes can fly.

There are also going to be some things that we think we all know - but, they are really different things. (Remember the kitty cat and the mountain lion...)

Because you like different things than your friend likes, you may pay attention to things that your friend does not pay attention to. So, you will know things and your friend will know different things.

#### **SLIDE # 15 – LEARNING**

One important thing to remember is that it is not what you know or how much you know that is important.

What is important is that you use your brain to think and learn things and that you have fun learning.

Both of these things will help to make your brain healthy.

#### **SLIDE # 16– MAKE LEARNING FUN**

If you find that you are not having fun learning – and your brain is bored, but you need to know what is being taught – then try to find a way to make it fun.

The best way to make learning fun is to find someone that can help you to learn the information.

Remember, different people like different things and just because you are having trouble learning does not mean that you are not smart enough to learn.

There are lots of different ways to learn and you just have to find the way that is more fun for you and your brain.

#### **SLIDE #17 – SHARING WHAT YOU KNOW**

You and your friend know different things – whether it is information in school, or how to ride a scooter, or play the piano, or play soccer or video games.

The best thing to do is help each other – that makes learning more fun and it makes your brain healthy.

Plus, one of the things that makes your brain healthy is when you share what you know. You can share what you know and your friend can share what they know.

Sharing what you know with others and listening to others to learn what they know will help everyone's brain stay healthy.

Thinking and learning are ways to help your Cognitive Health (the C in SPEctacular).

## SLIDE # – CONCLUSION

Thank you all for letting me talk to you about how what you know and what others know may be different – because everyone's brain is different.

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, we learn about the world by paying attention to information our senses tell our brain and by learning from what others know. We pay attention to things that we like and that we need. Paying attention helps us to learn about the world. When we learn, our brain changes and gets healthy. Sharing what we learn with others also helps our brain stay healthy. And, we all know that a healthy brain is SPEctacular.

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