

Making Neuroscience Fun


A Brain Awareness Program for All Ages





Brain Health: It's SPECTacular


Activities Summary


Your Brain Wants You to be Happy (🧠 An Emotional Health Story) (1st– 6-7 yrs.)

-  **#1-Video: What Makes You Happy?**
 - Students brainstorm what makes them happy and watch a video of 100 children sharing their ideas.
 - Approx Time: 10-15 mins
 - Story Connection: Slides 2-4

-  **#2-Drawing: Your Happy Place**
 - Students learn about the concept of a happy place and create a visual to help take them there if needed.
 - Approx Time: 20-25 mins
 - Story Connection: Slide 5

-  **#3-Physical Activity: Happy Dance**
 - Students dance to the song “Happy” to learn physical movement and dancing can make them happy.
 - Approx Time: 10-15 mins
 - Story Connection: Slides 9-10

-  **#4-Craft: Emotion Wheel**
 - Students make an Emotion Wheel to see that too much of a good thing does not make you happy but can actually make you feel other emotions.
 - Approx Time: Part I 15-20 mins; Part II 20-25 mins
 - Story Connection: Slides 16-18

-  **#5-Think, Pair, Share: Turning on Your Happy Place**
 - Students think about things that they can do to make other people happy. Students should then try doing these things, so they can see how making others happy also makes them happy.
 - Approx Time: 25-30 mins with student follow-up
 - Story Connection: Slide 19