



**Brain Health: It's SPECTacular**

**Activities Summary**  
**I Can Do It! (🧠 A Social Health Story)**  
**(1<sup>st</sup> Grade – 6-7 yrs.)**



**#1-Craft: When I Grow Up**

- Students draw themselves now and, in the future, and focus on what they can do now and things they cannot do yet to do that job.
- Approx Time: 20-25 mins
- Story Connection: Slide 11



**#2-Video: The Power of Yet**

- Students watch a video and learn a song about the power of yet before creating a visual representation of what they hope to do someday.
- Approx Time: 15-20 mins
- Story Connection: Slide 13



**#3-Physical Activity: Can You Do It?**

- Students move to various locations based on scenarios that they answer as yes, no, not yet, or never.
- Approx Time: 10-15 mins
- Story Connection: Slides 14, 16, 18



**#4-Game: Make a Match**

- Students learn about inventors who used their brains to create things to make our lives better. They get to move around and act things out too.
- Approx Time: 20-25 mins
- Story Connection: Slide 20



**Demonstration: Accomplishment Jar**

- Students focus on all they CAN do as they fill the jar with things they have accomplished, both big and small.
- Approx Time: 10-15 mins initially with follow-ups
- Story Connection: Slide 21