

Making Neuroscience Fun



A Brain Awareness Program for All Ages
It's SPECTacular!

Story General Information I Can Do It! (🌈 A Social Health Story) (1st – 6-7 yrs.)

This story talks about how being able to do things independently and learning how to control behaviors (self-control) are things that make someone feel good and make their brain healthy.

- 🌈 As you grow, you will be able to do more and more things all by yourself.
- 🌈 Learning what you can do and what you cannot do is important. It is also important to know that while you may not be able to do something by yourself now – you may be able to do it later.
- 🌈 As everyone grows at different rates, it is best not to compare yourself to others.

The facilitator begins by introducing themselves, neuroscience, and the program: Brain Health: It's SPECTacular. The facilitator defines SPECTacular for the children as meaning "great" and discusses how having a SPECTacular brain means having a healthy and happy brain. They share that the letter **S** represents Social Health. In this lesson, children learn more about keeping their brain healthy through being confident in themselves and their abilities.

First, the children brainstorm and discuss abilities they are capable of doing now, but could not do when they were a baby. Through questioning, they identify abilities such as walking, talking, and eating. As a baby, the body and brain are not ready yet to complete these task independently; they must grow.

As the body and brain grow, people are capable of much more. Yet, growing is still a process. The children can walk on their own now; however, to stay safe they cross the street with an adult. They can feed them self now; but, cooking by themselves can be dangerous and difficult. Therefore, it is important for the children to know that there are things people can and cannot do at each age and stage in their life. It is okay to ask for help, when needed.

Growing allows the body and brain to do more things. Everyone grows at different rates and speeds. Therefore, everyone is different. Everyone is unique. When someone is capable of riding a bike or tying their shoes, when others cannot; it does not mean they are smarter or better. It simply means their body and brain have developed more.

Humans brains are very unique in their ability to think, create, and solve problems. To illustrate how special human brains are, the children discuss different animals and their abilities. Although humans are incapable of flying (birds), running (cheetahs) or swimming (orcas) at high speeds, humans are able to mimic animal behaviors by designing and developing technology: airplanes, cars, and boats. Even though the human body may be incapable of doing these animal behaviors, the brain is very capable of creating a solution!

Not being able to do something can be frustrating and difficult. Therefore, it is important to practice patience. The children are introduced to this virtue as they reflect on the story. They may not be able to do something right now, but as they grow, their abilities will too! Good Social Health is SPECTacular for their body and brain.

Student Objectives:

- Students will recognize the brain grows and matures just as the body grows and matures.
- Students will discuss how abilities develop and change as people grow and age.
- Students will identify how their abilities are different than someone else's abilities.
- Students will recognize that the brain is ever changing and change is healthy.
- Students will discuss abilities possessed by animals that humans cannot do.
- Students will conclude that the human brain allows people to create solutions and mimic animal abilities by inventing technology.
- Students will recognize by doing something independently they feel good about themselves; therefore, they enhance their self-esteem and self-worth.
- Students will identify that a brain is unique and makes each person unique.