



I Can Do It! (🧠 A Social Health Story) (1st – 6-7 yrs)

This story talks about how being able to do things by yourself and learning how to control your behaviors (self-control) are things that make you feel good and make your 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.

♥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 Social Health – which is the S in SPECTacular. Social Health means you are keeping your brain healthy by being social.

"Being social" means you love yourself and you are nice to yourself.

It also means that you like and are nice to other people.

When you are nice to yourself and others, that makes your brain healthy.

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

♥SLIDE #2 – I CAN DO IT!

Today we are going to talk about all the things that you can do all by yourself.

♥SLIDE #3 - WALKING

When you were little there were lots of things that you could not do by yourself.

Let's think about this...I want you to help me figure out what some of the things that you couldn't do when you were a baby that you can do now.

You are going to raise your hand when you can do something all by yourself.

Ok...raise your hand if you can walk all by yourself.

QUESTION: Could you walk by yourself when you were a baby?

No...babies can't walk by themselves when they are little. In fact, when babies are little they don't do much of anything.

Babies tend to sleep – a lot. They wiggle around in their cribs, but they don't walk.

When they get a little bigger - they can crawl to get around – but, they don't walk for a while.

Babies have to wait to for their bodies and their brains to get bigger before they can walk.

♥SLIDE #4 - EATING

Ok...raise your hand if you can eat all by yourself.

QUESTION: Can a little baby eat by themselves? No...OMG how do they get food?

Someone feeds them – first they just drink milk. Then, when they can sit up, they need someone to feed them.

Babies have to wait to for their bodies and their brains to get bigger before they can feed themselves.

♥SLIDE #5 – TALKING

Ok...raise your hand if you can talk all by yourself.

QUESTION: Can a little baby talk by themselves? No...OMG how do they tell people what they want?

They can't – they cry and make lots of noise – but, people have to try to figure out what the baby wants. As the babies get bigger, they point at things. And...some babies learn how to use "signs" to "tell" people things (baby signing "more").

Babies have to wait to for their bodies and their brains to get bigger before they can talk.

♥SLIDE #6 – GROWING UP

So, little babies cannot walk or eat or talk by themselves. Hmmmm...I have a question for you...

QUESTION: Wait if babies cannot walk, eat or talk by themselves...does that mean that babies are not smart? What do you think?

Of course...babies are smart, they are just too little and they have to "grow up" a little to be able to do these things by themselves.

Plus, just because someone cannot do something – that does NOT mean they are not smart.

QUESTION: Could you walk, eat or talk when you were a baby? Ok...but you CAN walk, eat and talk now – right?

So...what happened? That is right...you “grew up”. But, what does that mean?

♥**SLIDE #7- GROW UP**

Babies can walk, eat and talk by themselves when they “grow up”. Just like you grew up.

Growing up means that bodies get bigger.

But...growing up also means that BRAINS get bigger.

Your body and your brain have to “grow up” together because your body and brain work together to help you to do things by yourself.

♥**SLIDE #8 – WE CAN DO MORE WHEN OUR BRAINS GET BIGGER**

You can all walk by yourself, but raise your hand if you can cross a street all by yourself.

That’s right, most of you cannot cross a street all by yourself.

QUESTION: Why can’t you cross the street by yourself? (talk about answers – then summarize)

Crossing a street means you have to know how to walk by yourself, but you also need to know how to look both ways before crossing a street. You need to do this because cars could be coming. And, you don’t want to walk in front of a car coming – because SMOOSH!!!

You need to learn to look both ways – wait is looking both ways **side to side** or **up and down**. That’s right, you need to look side to side. You don’t have to look up, because a plane is not going to hit you if walk across a street!!!

So, you need to wait until your **brain grows** so it can tell your body when it is safe to walk across a street.

♥**SLIDE #9 - WE CAN DO MORE WHEN OUR BRAINS GET BIGGER**

You can eat all by yourself, but raise your hand if you can cook food all by yourself.

That’s right, most of you cannot cook food all by yourself.

QUESTION: Why can’t you cook by yourself? (talk about answers – then summarize)

Cooking means you need to **read a recipe**, **measure ingredients**, and **use a stove**. Plus, you need to be able to **tell time** so you know how long to cook your food.

Raise your hand if you can do ALL those things.

Again, you need to wait until your **brain grows** so you can cook food all by yourself.

♥**SLIDE #10 - WE CAN DO MORE WHEN OUR BRAINS GET BIGGER**

You can talk all by yourself – right? Let’s try something.

Let’s all sing “Old MacDonald”. Raise your hand if you could sing “Old MacDonald”. (Point to one of the animals to sing that verse.) Good.

Now, raise your hand if you can write the words to “Old MacDonald” down in a book.

Hmmmm...

Question: Why do you think you can say (sing) the words, but you cannot write the words to the song in a book?

That is right!

You have to wait until your **brain grows** so you will know **how** to write the words down. Some of you may know how to write some words, but being able to learn and remember how to write down ALL the words has to wait until your brain and your body grows.

♥SLIDE #11 – YOU CAN DO SOME THINGS AND YOU WILL BE ABLE TO DO OTHER THINGS

Ok...you can walk by yourself, you can eat by yourself, and you can talk by yourself. These are things you **CAN DO**.

But, crossing a street by yourself, cooking your own food and writing down all the words to a song are things you cannot all do YET.

It is REALLY important that you KNOW that right now there are some things that you CAN do and some things that you CANNOT do yet.

If you try to do things and your body and brain is not grown up yet, then you could get hurt. (Like squished by a car if you are trying to cross the street alone, or you could get burned trying to cook food alone on a stove.)

But, just because you cannot do some things now – don’t worry or feel bad – just wait...when your brain and body are ready you will be able to do those things now.

And, right now your brains are growing all the time.

When your body and brains get bigger you WILL be able to cross the street, and you WILL be able to cook.

♥SLIDE #12 – DIFFERENT

Just because you cannot cross a street by yourself, cook food by yourself, or write the words to a song in a book NOW...that is ok. It is also ok if some of your friends can do some of these things now that you cannot.

Everybody is different.

That means our bodies are different and our brains are different.

Let’s look at these pictures....

Question: Do all of these children have the same hair color? What color hair do you see?

So, is their hair the same or different? Right, different because the color is different. But, they all have hair...right?

Everyone has a body and everyone has a brain, but just like the color of someone’s hair, their bodies and their brains can be different.

♥SLIDE #13 – OUR BRAINS GROW AT DIFFERENT RATES

Let's see, raise your hand if you can ride a bike. Some of you can and some of you cannot yet.

Let's see, raise your hand if you can tie your shoes. Some of you can and some of you cannot yet.

Let's see, raise your hand if you can catch a ball with a glove. That's a hard one.

Now, if someone can ride a bike, or tie their shoes or catch a ball – does that make them better or smarter than someone that cannot do those things yet?

Of course not!!! We are all different. Different in the way we look and different in the things that we can and cannot do.

It has nothing to do with being better or smarter, it has EVERYTHING to do with if our brain and body have grown up enough for us to do those things.

You need to wait until your body and brain grow to be able to do some things. Just give your body and your brain time and you will be able to do all kinds of things you cannot do now.

The best thing to do when you cannot do something is try and then ask for help.

It is also good if you see someone who cannot do something that you can do, to see if they need help.

♥SLIDE #14 – CAN YOU DO IT?

Now, there are going to be some things that you might not be able to do - EVER.

When your brain and body “grow up”, do you think you will be able to....fly like bird? Of course not...

QUESTION: What does a bird have that we don't have? WINGS

We don't have wings – we have arms and they don't help us fly.

♥SLIDE #15 – CAN PEOPLE FLY?

But, wait...Can people fly? Of course we can!!! But, how????

People don't have wings like a bird, so people **invented** airplanes, helicopters and rocket ships so that we can fly.

Birds can fly with their wings and we can fly when we get in a plane.

Plus, in a plane we can fly faster and farther than a bird can fly.

♥SLIDE #16 – CAN YOU DO IT?

Ok...When your brain and body “grow up”, do you think you will be able to run like a cheetah who can go from 0-60 mph in 3 seconds? Of course not...

QUESTION: What does a cheetah have that we don't have? 4 legs

We don't have 4 legs – we have 2 arms and and 2 legs so we can't run as fast as a cheetah.

♥SLIDE 17 – CAN PEOPLE GO FAST?

But, wait...Can people go fast like a cheetah? Of course we can!!! But, how????

People don't have 4 legs like a cheetah, so people invented cars, trucks and motorcycles so we can go fast like a cheetah.

Cheetahs use their 4 legs to run really fast and we can go really fast in a car.

Plus, in a car we can go faster and farther than a cheetah can go...without getting tired!!!

♥SLIDE #18 – CAN YOU DO IT?

Ok...When your brain and body "grow up", do you think you will be able to swim as fast as an orca - who can swim over 30 mph? Of course not...

QUESTION: What does an orca have that we don't have? Flippers

We don't have flipper – we have 2 arms and so we can't go as fast in the water as an orca.

♥SLIDE #19 – CAN PEOPLE GO FAST?

But, wait...Can people go fast like an orca in the water? Of course we can!!! But, how????

People don't have fins like an orca, so people invented boats, jet skis and submarines so we can go fast on the water like an orca.

Orcas use their fins to swim really fast and we can go really fast in the water in a boat, jet ski or submarine.

So, there are some things that you won't be able to do even when your body and your brain gets bigger. It is important for you to know that you can only do what your body and brain can do and that is ok.

♥SLIDE #20 – BRAINS HELP US TO DO THINGS WE COULD NOT DO

But, you know what...people have REALLY good brains.

We may not have wings so that we can fly, but people can fly....how? That is right, we can fly in the sky in planes, or helicopters, or space ships.

Because we don't have wings, people used their brains to figure out how to fly without them!!!

We may not be able to run as fast as a cheetah, but we can go as fast...how? That is right, we can go in a car or motorcycle.

Because we only have 2 legs instead of 4 like a cheetah, people used their brains to figure out how we could go as fast as a cheetah with them.

We may not be able to swim as fast as a dolphin (orca), but we can go as fast...how? That is right, we can go in a boat, or jet ski or submarine.

Because we don't have flipper and fins like a dolphin, people used their brains to figure out how we could swim as fast as a dolphin (or orca).

An orca, which is a dolphin, can swim up to 34.5 mph.

So, even if you find that your body cannot do something – sometimes just using your brain will let you figure out a way to do it.

Remember if you are trying to do something that your body wasn't built to do – then you can always use your brains to try to figure out how to do it anyway.

♥SLIDE #21 – CONCLUSION

So, now you can walk, talk and eat by yourself. Pretty soon you will be able to do LOTS more things!!!

You just have to wait until your body and your brains grow up AND remember, we all different in how and when we grow up – just like we have different colors of hair.

If you can't do something yet – just be patient. If your friend can do it – then ask them for help. If someone asks you to help them – then do it.

Thank you all so much for listening to my story. I know YOU CAN DO IT!!!

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, your brain is there to help you do the things that you can do and when you want to do something like – flying – you can use your brain to figure out how to do that! Helping your brain stay healthy is SPECTacular.

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