

Brain Health: It's SPECtacular

My Brain Keeps Me Alive (♠ A Brain Facts Story)
(2nd Grade – 7-8 yrs.)
Video: Symbiotic Relationships



STORY CONNECTION - SLIDE 2 (Approx Time: 10-15 mins)

Today's story helped you to understand why your brain is so important. There are so many things that our brain does to help us stay alive. Because our brain does so much to help keep us alive, we must work to keep our brain healthy. This is what is known as a **symbiotic** relationship. You help your brain, and your brain helps you.

Materials needed:

- Video Link: https://www.youtube.com/watch?v=EscV2lAzJb4 (3:44)
- Equipment to show online video

Preparation needed:

- Preview the video
- Optional: Prepare a list of probing questions to help facilitate discussion

Instructions:

- 1. This activity presents examples of symbiotic relationships within the animal kingdom. The intent of this activity is for student(s) to have a clear understanding of what a symbiotic relationship is.
- 2. Begin by showing the video using the link: https://www.youtube.com/watch?v=EscV2IAzJb4.
 - The video goes through seven examples of symbiotic animal relationships and explains how each animal benefits from the relationship.
 - The relationships include:
 - Oxpeckers and hooved animals
 - Cattle egrets and hooved animals
 - Boxer crabs and sea anemone
 - Cleaner shrimp and moray
 - Remoras and rays
 - Pistol shrimp and the goby
 - Ants and lice
- 3. After watching the video, talk about and review each relationship and identify content that the student(s) found fascinating or confusing. Clarify misunderstandings as needed.
 - **Note: Use your list of probing questions, if needed. **
- 4. In closing, review symbiotic relationships and the advantages of them. Remind student(s) that our brain has symbiotic relationships with our organs and other body systems to make us happy and healthy.