

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Activities Summary

My Brain Keeps Me Alive (🧠 A Brain Facts Story) (2nd Grade – 7 –8 yrs.)



#1-Video: Symbiotic Relationships

- Students watch a video to learn about symbiotic relationships between various animals.
- Approx Time: 10-15 mins
- Story Connection: Slide 2



#2-Experiment: Heart Your Brain

- Students check their pulse before and after vigorous activity to explore the heart and brain relationship.
- Approx Time: 15-20 mins
- Story Connection: Slide 6



#3-Demonstration: Using a Spirometer

- Students learn about lung capacity as they observe the use of a homemade spirometer.
- Approx Time: 10-15 mins
- Story Connection: Slides 7-8



#4-Think, Pair, Share: Don't Blink

- Students work with a partner in a blinking activity to investigate involuntary or automatic body functions.
- Approx Time: 15-20 mins
- Story Connection: Slide 9
- Partner Activity



#5-Worksheet: Food for Thought

- Students learn more about the relationship between the stomach and brain as they sequence the steps our bodies go through when eating.
- Approx Time: 15-20 mins
- Story Connection: Slides 13-15