

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Story General Information

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

This story talks about all the things that your brain does that helps you to stay alive.

- 🧠 There are lots of behaviors that you have to automatically do to stay alive. (breathing, pumping blood to your body, regulation of body temperature, digestion)
- 🧠 Your brain gets information about what you need to stay alive and then it tells your body what to do. (eating, drinking, sleeping, going to the bathroom - you learn when and where to do these behaviors)
- 🧠 These behaviors are so important that your brain rewards you for getting the things it needs – by making you feel happy.

The facilitator begins by introducing themselves, neuroscience, and the program, Brain Health: It's SPECTacular. Brain Health is about maintaining a happy, healthy brain to feel good. In this story, the children learn about the physical characteristics and behaviors the brain and body perform to stay alive and how the brain rewards someone.

A happy, healthy brain is so important because the brain keeps someone alive. The brain and body have a *symbiotic* relationship. They work together to perform behaviors and complete tasks. Some behaviors, the brain does automatically. Other behaviors, the brain and body communicate and work together to complete. These tasks are behaviors people must think about before completing them.

The facilitator discusses with the children several behaviors (breathing, eating, moving, and going to the bathroom) illustrating the symbiotic relationship of the brain and body. They also clearly identify which behaviors the brain does automatically, and which involve thinking. The facilitator helps the children visualize the thinking processes by introducing different environmental scenarios to each behavior (eating lunch at home versus the school; going to the bathroom in the middle of the night versus asking to go at school). Together, they identify the best steps to take to complete the targeted objective.

Finally, the facilitator reiterates the significances of the symbiotic relationship the brain and the body share, how the brain keeps someone alive, and completes behaviors automatically or with help. By maintaining a healthy and happy brain, it can successfully perform its job and keep someone alive. That's SPECTacular!

Story Objectives:

- Students will identify and describe why the brain is important and what it does to keep someone/thing alive.
- Students will recognize that some brain behaviors are automatic (blood pumping/breathing).
- Students will identify behaviors that are thought about before completed (eating/walking).
- Students will describe how the brain and body communicate in different ways to complete certain behaviors.

- Students will discuss different scenarios and situations and determine the thought process of the brain/body to complete a task.
- Students will define symbiotic.
- Students will determine the symbiotic relationship of the brain and body keep someone alive.