

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Story General Information

Lots of Ways to Learn (🧠 A Cognitive Health Story) (2nd Grade – 7-8 yrs.)

This story describes how the way that we learn changes as the world changes. Our ability to keep learning throughout our lifetime is what helps to keep our brain healthy.

- 🧠 Back in the caveman days and early in our lives, we learned about things that help us to survive. All animals learn these survival skills from other animals that take care of them.
- 🧠 Usually, what animals learn is passed down from one generation to the next. Humans can pass along knowledge from generations due to our ability to read and write.
- 🧠 Reading and writing make learning easier, and it gives humans more time to develop things like technology, which further helps our ability to learn.

The facilitator begins by introducing themselves, neuroscience, and the program: Brain Health: It's SPECTacular. They explain the **C** in SPECTacular represents Cognitive Health. In this story, children discover that there are many ways to learn information. How people learn has changed over time and changes with age. Understanding how they learn best and the importance of reading/writing can improve their Cognitive Health, which is an important component of a healthy and happy brain.

Learning is imperative to survival, health, and well-being of all animals; including humans. When we think about learning now, formal education, such as schooling, comes to mind. However, learning took place before schools existed and continues outside of the actual school building today.

Reading and writing make learning much easier, but people learned before those even existed. They learned through observation, trial and error, and verbally from others. The facilitator introduces cavemen and describes what life was like for them. They also compare this to how animals learn skills for survival.

Just as people look different, their brains are different too. This means the way people best learn new information is also different. The facilitator shares a few scenarios with the children to explain different methods of learning and emphasizes how having fun while learning can help solidify the material in the brain even more. The way someone likes to learn will change over time. For example, babies use their mouth to discover new things, but as people get older, they may read or watch a movie to learn something. When learning new content, the children are encouraged to try different methods and strategies and even ask for help or ideas. Trying different approaches to learning helps identify which is the best way to learn.

Understanding how your brain learns best and implementing those methods and skills improves Cognitive Health. A brain that is learning while having fun is one happy, healthy, and SPECTacular brain!

Story Objectives:

- Students will recognize that learning happens in different ways.
- Students will explain how someone or something learns is determined by the circumstances of their environment and their abilities.

- Students will identify multiple ways to learn.
- Students will describe different ways to learn the same concept.
- Students will recognize how they best learn can change over time.
- Students will explain how skills like reading and writing can help people learn.