

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Activities Summary

Being Afraid Can Help You-WHAT?!? (🧠 An Emotional Health Story) (2nd – 7-8 yrs.)



#1-Game: How Are You Feeling Today?

- Students ask specific questions about emotions to try to guess the mystery emotion.
- Approx Time: 10-15 mins
- Story Connection: Slide 1



#2-Physical Activity: Automatic or Intentional?

- Students move around to practice the difference between automatic and intentional actions.
- Approx Time: 10-15 mins
- Story Connection: Slides 3-4



#3-Experiment: A Heart-Pounding Experience

- Students learn to take their pulse and see how their bodies change and react to physical activity.
- Approx Time: 10-15 mins
- Story Connection: Slide 8



#4-Think, Pair, Share: Look at the Bright Side

- Students collaborate with classmates to practice finding the positives in scary situations.
- Approx Time: 15-20 mins
- Story Connection: Slides 13-14



#5-Physical Activity: Facing Your Fears

- Students observe that everyone has different fears and communication is one key to easing our fear.
- Approx Time: 5-10 mins
- Story Connection: Slides 15-16