

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Activities Summary

Exercise – Good For Your Body and Your Brain (🌈 A Physical Health Story) (2nd Grade – 7-8 yrs.)



#1-Video: Why Do We Sweat?

- Students learn about the body's ability to cool itself in this short video.
- Approx Time: 10-15 mins
- Story Connection: Slide 3



#2-Craft: Hands-On Muscle Model

- Students create a model of the hand to show how muscles move our bones and body.
- Approx Time: 25-30 mins
- Story Connection: Slides 4-5



#3- Physical Activity: Open and Say Om

- Students practice a variety of yoga poses to practice exercise does not have to be sweaty.
- Approx Time: 20-25 mins
- Story Connection: Slide 6



#4-Physical Activity: Getting Back to Nature

- Students explore the world around them through their senses on a nature walk.
- Approx Time: 20-25 mins
- Story Connection: Slide 8



#5-Think, Pair, Share: Everything in Moderation

- Students collaborate to brainstorm ways to add movement to sedentary activities.
- Approx Time: 15-20 mins
- Story Connection: Slides 12 & 18