

## Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

### Story General Information

#### Exercise- Good for Your Body and Your Brain (🌈 A Physical Health Story) (2<sup>nd</sup> grade- 7-8 yrs.)

This story describes how moving your body helps your muscles and your brain to stay healthy.

- 🌈 Exercise is not just about sweat. There are lots of different types of exercise that you can do to stay healthy.
- 🌈 When you move your body, your brain releases signals that help to keep it healthy.
- 🌈 Exercise helps with your Physical Health, but it also helps with your Social, Emotional and Cognitive Health. So, exercise is SPECTacular for your brain.

The facilitator begins with an introduction of themselves, neuroscience, and an overview of the program, Brain Health: It's SPECTacular. In this story, the focus is Physical Health. Knowing more about how the body physically works can help the brain stay healthy. In this story, the children learn about exercise and how important movement is for a healthy body and a healthy brain. Exercise is a key component of Physical Health, but also improves Social, Emotional, and Cognitive brain health.

The children are asked to describe what exercise looks like to them. They discuss different activities associated with exercise (running/jumping/stretching). The facilitator also emphasizes that exercise does not always mean a strenuous workout, like lifting weights or sweating profusely. Exercise is simply movement of the body and muscles. Muscles like to work. When muscles work, they contract and relax, moving the bones connected to them, therefore, moving the body.

Movement allows people to experience and learn about the world around them. People use muscles in their bodies all the time. The facilitator and children name and discuss how muscles are used in everyday tasks like getting out of bed, eating food, and brushing teeth. People can also use their bodies for helping others (doing dishes, yardwork), which improves Social and Emotional Health. The facilitator also helps the children identify activities, such as watching TV and playing video games that use very little muscles and movement. These activities are lots of fun but emphasizes these should be completed in moderation.

The children are then introduced to a scenario about playing soccer. The facilitator walks the children through the process of kicking a ball, what exactly the brain is doing, and how it uses and improves multiple parts of the brain.

Exercise may look and feel different for different people. The most important thing to remember is that movement is a key part of Physical Health and contributes to a happy, healthy, SPECTacular brain!

#### Story Objectives:

- Students will define and give examples of exercise.
- Students will describe how exercise can help their brain.
- Students will explain how the body moves (muscles/bones).

- Students will identify activities that should be done in moderation (video games/TV).
- Students will discuss how exercising/moving the body involves not only the physical part of the brain but also, cognitive, social, and emotional.