



## 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.

### 🌈 SLIDE #1 - INTRODUCTION:

Good Morning (Afternoon)!

My name is \_\_\_\_\_ and I (describe who you are and give your relation to neuroscience – ex. you are a Neuroscientist, you study neuroscience, you have a friend that is a neuroscientist or you have recently been learning a lot about neuroscience).

Neuroscience, that's a really big word! But, a neuroscientist is a person who knows a lot about the brain.

I am here today to talk to you about how you can help to make your brain healthy – feeling good. It is REALLY easy and anyone can do it.

I love to talk about Brain Health because it's SPECTacular!!! SPECTacular means "GREAT". When your brain is SPECTacular, you are a happy and healthy person.

This story is about Physical Health – which is the P in SPECTacular. Physical Health means you are keeping your brain healthy because you are taking care of your body.

Being "physical" means you move your body, you eat – to give your body energy and you sleep – because sleeping does a LOT to take care of your body.

When you take care of your body by moving it and giving it the energy and sleep that you need, that also makes your brain healthy.

So, let's see how you can keep your brain healthy.

### 🌈 SLIDE #2 – EXERCISE – GOOD FOR YOUR BODY AND YOUR BRAIN

In this story, we are going to talk about exercise.

When people think about exercise and what it does, they usually think...oh, exercise is going to help my body.

People exercise to get stronger and stay fit – and that is true.

Exercise definitely does help your body, so exercise is good for your Physical Health.

What people do not realize is that exercise also helps your brain – and it helps your brain with your Social, Physical, Emotional and Cognitive Health.

So, exercise is really SPECTacular!

### **SLIDE #3 – EXERCISE**

**QUESTION:** What do you think about when I say the word – exercise?

Ok...exercise is running, jumping and stretching. The word exercise can make you think of lots of things.

When I think of the word – exercise – I think about sweat. One thing that I really do not like is SWEAT.

But, did you know that exercise does not have to mean – sweat.

Exercise can just be about moving our bodies.

Going for a walk, playing hide and seek, throwing a ball and climbing on the jungle gym at the park are all things that move your body.

These are also things that do not necessarily make you sweat.

### **SLIDE # 4 - MUSCLES**

Exercise is all about making the muscles in your body work.

When your muscles work – it means that they contract and relax.

Your muscles are attached to the bones in your body, so when they contract and relax – they make your bones move.

You have bones all over your body, so when your muscles make your bones move – your body moves.

### **SLIDE #5– MUSCLES & EXERCISE**

You have lots of muscles in your body and using those muscles is important to keep your body healthy.

Because we are taught that keeping our bodies healthy is important, lots of people “workout” or exercise for their physical health.

People think they have to sweat in order to get the exercise they need to stay healthy.

People also think that they have to have muscles like the Incredible Hulk in order to be physically healthy.

### **SLIDE #6 – EXERCISE**

While it's ok to workout hard – if that is what you like to do - you really just need to use your muscles – making them contract and relax – in order to keep them healthy.

So, anything that you do that moves your body will “count” as exercise.

Yoga – where you are stretching and holding different poses – that is exercising.

Going for walks with your friends and family – that is exercising.

Playing any kind of game where you do some moving – like hopscotch, hide and seek, dodge ball – is exercising.

### **SLIDE #7 – MOVING**

Exercising is also about moving your body to do normal everyday activities. You need to move your body to do the behaviors you need to do to stay alive - like eating.

You need to move to get food, and you move when you make food.

In order to eat food, you need to walk to get food and then pick up the food and put it in your mouth.

Plus, once you eat food there are muscles **inside** your body that also move when you eat.

You then need to move your mouth to chew the food and move your throat to swallow the food.

Muscles in your throat and your belly then take care of moving the food, so you can get energy from the food and then get rid of the waste.

It is much better for your body if you move around to get food, rather than just sitting down and asking for it.

So, offer to help in the kitchen – that will also help your social and emotional health. You will be doing something to help yourself AND you are helping others too. Good for you and them.

### **SLIDE #8 – LEARN ABOUT YOUR WORLD**

Exercise is also about moving your body in the world you live in.

Moving around helps you to learn about the world. You see, hear, and feel different things when you are moving around.

This lets you learn what you need to do to live in your world.

### **SLIDE #9 – MOVING**

When you get up in the morning, you may need to make your bed and then wash your face and then get dressed.

You need to move around to do all of those things.

Moving your body means your muscles are working and that is good for your physical health.

### **SLIDE #10 – MOVING**

If it is a school day, then you need to go to school.

You have learned that to go to school, you either need to walk to the bus stop and then get on the bus or you need to get into a car to go to school, or you may live close enough that you can walk to school.

You need to move around to do all of these things.

Moving your body means your muscles are working and that is good for your physical health.

### **SLIDE #11 – MOVING**

So, exercising does not just mean “working out” so that you look like the Incredible Hulk. Exercising just means moving your body.

You do lots of things everyday where you are using your muscles to make your body move.

Helping around the house, cleaning up your toys, helping clean up the yard, going to school, walking up and down stairs at school, these are things that get your body moving.

These are also things that help other people – so, that is good too.

Moving your body – even to do things you do every day - means your muscles are working and that is good for your physical health.

### **SLIDE #12 – NO MOVING - MODERATION**

Activities that you do not do much moving – playing video games or watching tv – do not really work your muscles.

These are the kinds of activities that are fun – but, you need to do them in moderation – because these activities are not necessarily helping your physical health.

### **SLIDE #13 – BRAIN?**

Now, we can see how using your muscles to move your body is good for your Physical Health, but how is it good for your brain?

You know that in order for your muscles to work, that your brain talks to the muscles.

Your muscles need information from your brain, which sends signals to your spinal cord, which then sends signals to your muscles in order to contract and relax and makes your body move.

The moving parts of the body then send signals back up to the brain.

These signals go to the parts of your brain that control the muscles – and these signal make those parts of the brain healthy. So, moving your muscles does make your brain healthy.

### **SLIDE #14 – SOCCER**

Let’s say that you were practicing soccer and you were trying to kick a soccer ball into the goal.

You looked at the goal, moved your foot to face the goal and then kicked the ball – but, you missed.

You try again, only this time you turn your foot a little to the left and you pull your leg back farther so you can kick the ball harder – SCORE!

### **SLIDE #15 – USING YOUR BRAIN**

As you were doing all that, you were using lots of different parts of your brain.

You had to think about where the goal was and what you needed to do to kick the ball into the net – this means you had to use the Cognitive parts of your brain – the parts of the brain that help you think.

You were at first a bit mad that you missed putting the ball in the goal, but then you were happy when you got the ball in the net – this means you had to use the Emotional parts of your brain.

When you figured out how to get the ball in the goal, you could not wait to tell your friends and family about it – this means that you were using the Social parts of your brain.

### **SLIDE #16 – HEALTHY BRAIN**

The exercise that you were doing to kick the soccer ball into the net had your brain working a lot.

Your brain likes to be working and the signals that it was getting not only from the Physical parts of your brain, but also from the Cognitive, Emotional and Social parts was making your brain healthy.

Who would have thought that doing something fun like kicking a soccer ball into a goal could be so good for your brain health!

### **SLIDE #17 – EXERCISE = MOVING**

So, exercise does not have to be about working so hard that you sweat or that you get muscles that look like the Incredible Hulk.

Exercise is just about moving your body.

Your body is made of lots of muscles and your muscles like to work.

When your muscles work, your body moves.

Making your muscles work to move your body is good for your physical health.

### **SLIDE #18 – PUTTING IT ALL TOGETHER**

In order for your muscles to make your body move, you need your brain to “talk” to your muscles.

Because it is important to make the right kind of movements, your brain has to “think” about how to make your muscles move.

When you want to kick a soccer ball into the net, you need to move your foot to face the goal and then you need to pull your leg back far enough so when you kick the ball it will reach the net.

If you do a movement correctly (meaning the ball goes into the goal), then you will feel good about yourself, and your brain will be happy.

Making your body move is not just good for the parts of the brain that “talk” to the muscles. Making your body move is also good for the parts of the brain that make you happy, that make you think and that make you feel good about yourself.

This means that exercise is SPECtacular – it is good for your Social, Physical, Emotional and Cognitive Health.

### **SLIDE #19 – CONCLUSION**

Thank you all for letting me talk to you about how exercise is good for your body and your brain.

I have enjoyed spending time with you today talking about the brain. I hope that you have had some fun and learned something about your brain.

REMEMBER, exercise is all about moving your body. Exercise does not mean that you need to sweat or the that you need to make your muscles look like the Incredible Hulk. Plus, moving your body means using your muscles AND lots of different parts of your brain. So, exercise definitely makes our brain healthy and that is SPECTacular.

**THANK YOU SO MUCH FOR ALL OF YOUR HELP!!! Brain Health is not just SPECTacular...it is FUN!!!**