

Making Neuroscience Fun

A Brain Awareness Program for All Ages





Brain Health: It's SPECTacular


Activities Summary


Helping You Helps Me Too! (🌍 A Social Health Story)


(2nd Grade – 7 – 8 yrs.)

-  **#1-Think, Pair, Share: A Little Help from My Friends**
 - Students think about what they can do by themselves and what they still need help doing. They also learn and practice strategies for asking for help.
 - Approx Time: 20-25 mins
 - Story Connection: Slide 3

-  **#2-Craft: May I Help You?**
 - Students watch a video about the “boomerang effect” and create a kindness boomerang as a visual reminder of how they can help others.
 - Approx Time: 25-30 mins
 - Story Connection: Slide 8

-  **#3-Game: Empathy or Not Empathy?**
 - Students work in teams to decide if actions are empathetic or not and use strategies to make non empathetic situations better.
 - Approx Time: 15-20 mins
 - Story Connection: Slide 9
 - Group Activity

-  **#4-THINK, PAIR, SHARE: Is It Altruism?**
 - Students move around the room in groups to learn about what altruism is and is not.
 - Approx Time: 35-40 mins
 - Story Connection: Slide 10

-  **#5-Skit: Help Is on the Way**
 - Students act out various scenarios and work with partners to create win-win situations.
 - Approx Time: 40-45 mins (can easily be split over multiple days)
 - Story Connection: Slide 16