



**Be Nice to Your Brain (🧠 A Brain Facts Story)**  
**(4<sup>th</sup> Grade – 9-10 yrs.)**  
**Video: Protecting Your Brain**

 **STORY CONNECTION-SLIDE 5 (Approx Time: 10-15 mins)**

You have a hard skull to protect your brain but that only works when your body is moving by itself. When your body is moving because you are on a bicycle, skateboard, roller skates, scooters, hoverboards, snowboards or on skis, then your skull needs help to protect your brain. This is because you are moving faster than your legs can carry you. You can protect your brain when you are moving faster than your legs can carry you by wearing a helmet. When you protect your brain, then you are being nice to your brain.

**Materials needed:**

- Video link: <https://www.youtube.com/watch?v=JO9tK9nDzWE> (3:10)
- Equipment to show online video
- Activity sheet (included below)
- Activity sheet answer key (included below)
- Pencils

**Preparation needed:**

- Preview video
- Determine how to use the activity sheet
  - anticipation guide
  - note-taking guide during the video
  - quiz after the video.
  - *NOTE: These directions use the activity sheet as both an anticipation guide and a note-taking guide.*
- Print Activity sheet (1 per student)
  - *OPTION: This sheet can also be projected or read aloud for student(s) to answer the questions.*

**Instructions:**

1. In this activity, student(s) will watch a video to learn more about protecting their brains.
2. Before showing the video, give the student(s) the activity sheet and have them answer all the questions.
3. Explain to student(s) that as they watch the video, they can change any of their answers on their anticipation guide if they want to.
4. Next, show the video. You can show it twice if needed.
5. After watching the video, go over the activity sheet and discuss the correct answers as you go. All answers should be correct by the time you are finished going over the sheet.

6. In closing, remind student(s) that anytime they are going faster than their legs can carry them or doing an activity that could potentially be hazardous, they need to do all they can to protect their brains. When they do this, they are being nice to their brains and their brains will in turn help them do all the things they need to do.

**Protecting Your Brain Anticipation Guide**

**Name:** \_\_\_\_\_

1. Your brain is responsible for you being able to walk, talk, and breathe. True      False

2. What do the skull and cerebrospinal fluid do?

\_\_\_\_\_

3. What does TBI stand for?

T \_\_\_\_\_ B \_\_\_\_\_ I \_\_\_\_\_

4. A concussion is an example of a TBI. True      False

5. Even a mild injury can damage the brain. True      False

6. You always lose consciousness when you have a concussion. True      False

7. What are three symptoms of a brain injury?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. When recovering from a brain injury, you should rest, then do light activity, and then resume normal activity over time. True      False

9. You can still get a concussion even when wearing a helmet. True      False

10. How can you protect yourself in the car?

\_\_\_\_\_  
\_\_\_\_\_

11. Cleaning up clutter and securing loose rugs can help prevent brain injuries True      False

12. Getting regular eye exams and wearing glasses or contacts if needed can help prevent brain injuries. True      False

1. Your brain is responsible for you being able to walk, talk, and breathe. **True** False
2. What do the skull and cerebrospinal fluid do?

**Protect the brain**

3. What does TBI stand for?

**Traumatic Brain Injury**

4. A concussion is an example of a TBI. **True** False
5. Even a mild injury can damage the brain. **True** False
6. You always lose consciousness when you have a concussion. True **False**
7. What are three symptoms of a brain injury?

**Headache, trouble remembering, confusion, tiredness, mood changes, sleep changes, nausea or vomiting, dizziness, blurred vision**

8. When recovering from a brain injury, you should rest, then do light activity, and then resume normal activity over time. **True** False
9. You can still get a concussion even when wearing a helmet. **True** False
10. How can you protect yourself in the car?

**Wear a seatbelt and use car seats**

11. Cleaning up clutter and securing loose rugs can help prevent brain injuries **True** False
12. Getting regular eye exams and wearing glasses or contacts if needed can help prevent brain injuries. **True** False