



Be Nice to Your Brain (🧠 A Brain Facts Story)
(4th Grade – 9-10 yrs.)
Drawing: Taking Out the Brain Trash



STORY CONNECTION-SLIDE 8 (Approx Time: 15-20 mins)

The “trash” that is made in the brain is different from normal trash. The trash mainly consists of chemicals and proteins that are used when the neurons in the brain are talking to each other. These proteins get “spit out” of the neurons and end up cluttering up the space between the neurons. If these chemicals do not get washed away, then neurons have a hard time talking to each other. Soon, you would not be able to do all the normal behaviors that you do. Sometimes this trash builds up so much that it causes diseases in the brain. So, while you sleep the brain “washes away” all the waste chemicals that get built up in your brain during the day.

Materials needed:

- Blank Paper
- Crayons, markers, colored pencils
- Pencils

Preparation needed:

- Gather coloring supplies for student(s) (if needed)
- Determine how much time student(s) will have to complete their drawing
- Determine the set up/lay out for the gallery walk

Instructions:

1. This activity will give student(s) the opportunity to be creative and draw their vision of brain trash.
2. Review with student(s) what is considered “brain trash” --chemicals and proteins. Remind them that if these chemicals do not get washed away, then neurons have a tough time talking to each other. Relate it to taking out the trash at home or school. If the trash is not taken out, the home or school would be overwhelmed by the trash, and it would not be a nice place to be.
3. Tell the student(s) that they are going to be creating an original drawing of their interpretation of “brain trash.” They are going to take the concept and create a visual representation of this brain function.
 - Encourage them to be creative and remind them that there is no wrong way to do this activity.
 - They simply need to draw the image/vision they get in their heads when they hear the term.
 - It can be life-like, cartoonish, abstract, etc.

****NOTE: It is recommended that the presentation is not visible when student(s) are doing this activity to discourage them from copying the images from the PowerPoint presentation.****

4. When all student(s) have completed their drawings or time is over, have a place where they can do a “gallery walk” and see all the different ideas and interpretations their classmates envisioned. It is always fascinating to see all the different visual interpretations of the same concept.
5. In closing, review what brain trash is and why it is important to get a good night’s sleep so the brain can “wash away” the waste chemicals and proteins that build up during the day.