



Activities Summary
Be Nice to Your Brain (🧠 A Brain Facts Story)
(4th Grade – 9-10 yrs.)



#1-Video: Protecting Your Brain

- Students complete an anticipation guide before watching a video on keeping their brains safe.
- Approx Time: 10-15 mins
- Story Connection: Slide 5



#2-Game: Sleep...Don't Deprive Yourself

- Students learn about the importance of sleep as they compete to collect sleep hours and then calculate how much sleep they get and need.
- Approx Time: 25-30 mins
- Story Connection: Slide 6
- Group Activity



#3-Drawing: Taking Out the Brain Trash

- Students create visual interpretations of the idea of "brain trash."
- Approx Time: 15-20 mins
- Story Connection: Slide 8



#4-Worksheet: Shopping List

- Students plan healthy meals with the help of MyPlate.gov.
- Approx Time: 25-30 mins
- Story Connection: Slide 13



#5-Think, Pair, Share: Everything in Moderation

- Students explore the idea of moderation in various areas of their lives and apply it to their own life.
- Approx Time: 20-25 mins
- Story Connection: Slide 17