



**Brain Health: It's SPECTacular**

**Activities Summary**  
**Move It or Lose It ( A Physical Health Story)**  
**(4th Grade – 9-10 yrs.)**



**#1-Physical Activity: Move Your Muscles**

- Students move in a variety of ways based on their responses to questions about muscles.
- Approx Time: 10-15 mins
- Story Connection: Slide 2



**#2-Game: Hop, Jump, Walk**

- Students compete against each other in this relay test of hopping, jumping, and walking.
- Approx Time: 25-30 mins
- Story Connection: Slide 6
- Group Activity



**#3-Think, Pair, Share: Left or Right Brain?**

- Students perform various tasks with a partner to see if they are more left or right brained.
- Approx Time: 25-30 mins
- Story Connection: Slide 9



**#4-Video: Laughing Away the Pain**

- Students learn about endorphins and test to see if they can be used to help with pain.
- Approx Time: 10-15 mins
- Story Connection: Slide 11



**#5-Experiment: Does Practice Make Better?**

- Students conduct an experiment to see if practice makes perfect or better.
- Approx Time: Timing will vary based on numerous factors.
- Story Connection: Slide 15