

Brain Health: It's SPECtacular

Team Work (♠ A Brain Facts Story)
(K – 5-6 yrs.)
Physical Activity: If I Remember Correctly



STORY CONNECTION- SLIDE 13 (Approx Time: 10-15 mins)

Your brain needs your body to do things, so your brain talks to your body...BUT, why does your body need to talk to your brain? It is because your body does not REMEMBER things. Your body cannot do ANYTHING until your brain tells it to. Without your brain, you will not be able to pick up things, or walk or see. Your brain needs your body to get information and then your brain **remembers** what the body should do.

But why can't my body **remember** what to do? This is because your brain stores information and remembers things, like **how** to move, your body does not. Your brain gets information from your body and then it tells your body what to do.

Materials needed:

- List of animal brain facts below
- Space for student(s) to move

Preparations:

- Open up tabs for each of the pictures of the animals using the links below. This will make it easier to show the student(s).
- Print out a list of the Animal Facts:
 - 1. Chimpanzees have better visual <u>memory</u> than most humans. So, when they see something, they **remember** it better than when people see things.
 - 2. Pigeons can **remember** hundreds of pictures, faces, and flying routes.
 - 3. Pigs are so smart, they can actually play video games, and they **remember** their names!
 - 4. Octopi might have the second-best **memory** in the ocean, and they are able to solve complex problems and mazes.
 - 5. Crows can <u>remember</u> faces, so do not upset one or they will make their murder (that is what a group of crows is called) come to get you.

Instructions:

- 1. Describe to the student(s) that the reason that the brain has to "talk" to the body all the time is because the body can NOT remember anything. The brain does all the remembering.
- 2. Tell them that this is also true for other animals, not just people.
- 3. In this physical activity, tell the student(s) that they will see an animal picture and hear a fact about that animal.
- 4. If they think the fact is true, they will stand up.
- 5. If they think the fact is false, they will sit down.

- 6. Vary movements to meet the needs of your student(s), but have them do some type of movements for true and false.
- 7. Share the **Animal Brain Facts**. They are all true! Modify language and paraphrase as needed.
- 8. Be sure to ask the student(s) who said true why they thought it was true. Do the same for the student(s) that said it was false. Then tell the student that the statement was TRUE. But, commiserate with the student(s) who thought it was false because REALLY who would have thought it was TRUE!!!
- 9. Continue with all the rest of the brain facts.
- 10. At the end, ask the student(s) what they noticed about the facts?—they were all true.
- 11. Discuss what facts they thought were most fascinating and why.
- 12. Reiterate that the body needs the brain to remember things and the brain needs the body to do things (a brain cannot see by itself, walk by itself, get food by itself, etc.) So, the brain definitely needs the body and the body needs the brain.

Animal Facts Credit: https://legacybox.com/blogs/analog/20-zany-animal-brain-facts-not-everyone-knows



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