



A Healthy Brain is SPECTacular (🧠 A Cognitive Health Story)
(Kindergarten 5 – 6 yrs.)
Song: Emotions Hokey Pokey



STORY CONNECTION – SLIDE 9 (Approx Time: 10-15 mins)

When you are happy what does your face do? When you are happy, your brain makes you smile. When you are smiling it tells other people that you are happy too. If you did not smile, then others would not know because they do not know how you are feeling. Smiling lets you share how you are feeling with others. Knowing that you can be happy and sad and being able to share that with others is the **E** in SPECTacular and it stands for **EMOTIONAL** Health.

Materials needed:

- Chart paper/board space
- Markers
- Emotions Hokey Pokey video link: <https://www.youtube.com/watch?v=ZHS7vCdBeus> (1:52)
- Equipment to show online videos
- Open Space

Preparation needed:

- Determine best location for showing the video along with actually doing the Hokey Pokey

Instructions:

1. This activity focuses on the E in SPECTacular which stands for Emotional Health. The fun thing about this activity is that it combines Physical and Emotional Health in a fun way the student(s) will love.
2. Begin by reviewing some different emotions. Ask student(s) to name emotions they know or have learned about.
3. Write them on the board or chart paper as the student(s) say them. They might say things like happy, sad, angry, scared, surprised, etc.
4. After you have your list of emotions, ask student(s) the following question:
 - a. How would you know someone was happy, even if they did not tell you?
Possible Answer: They might say they would smile.
5. Have student(s) share responses. Continue asking the same questions with the other emotions (sad, angry, scared, surprised, etc) trying to get to the fact that we can often know how others feel and let others know how we feel by the expressions on our faces.
6. Next, ask the student(s):
 - a. Has anyone ever done the Hokey Pokey?
 - b. Can you describe how to do it?
If no student(s) can explain how to do it, you model it for them.
7. Ask the student(s) to join you in a large circle. Explain that today they will be learning the Emotions Hokey Pokey.

8. Use this video clip to lead the student(s) in the Emotions Hokey Pokey.
<https://www.youtube.com/watch?v=ZHS7vCdBeus>
9. Repeat as desired.
10. After doing the Emotions Hokey Pokey, ask student(s) for responses to the following question:
 - a. How did you know the animals in the video were feeling happy, mad, scared, etc.
Answer: They should notice it was from their facial expressions.
11. In closing, review that emotions are ways that we feel on the inside. Smiling, frowning, or making other facial expressions lets us know how others are feeling and lets others know how we are feeling. Knowing about these emotions is good for our brains and our Emotional Health.