



**A Healthy Brain is SPECTacular (🧠 A Cognitive Health Story)
(Kindergarten 5 – 6 yrs.)
Game: It Is Not What You Think**



STORY CONNECTION – SLIDE 12 (Approx Time: 25-30 mins)

The brain likes to think about things – that makes the brain happy...and we all know that when the brain is happy it is healthy. Remember, the big word that means “think” is Cognition – and that is the **C** in SPECTacular and it stands for **COGNITIVE** Health.

Materials needed:

- Common household items (or images of the items) such as a whisk, empty paper towel or toilet paper roll, grocery bag, pool noodle, clothes hanger, rubber bands, pillowcase, wooden spoon, cardboard box, stick, etc.
- Images of household items (included below)
- It Is Not What You Think Chart or Blank Paper (1 per student)
- Pencils

Preparation needed:

- Determine how student(s) will be grouped (independently, partners, small groups)
- Determine how/if points will be given.
- Gather the household items listed in materials (adjust or substitute as needed)
- Determine if your student(s) will use the pre-made chart or blank paper

Instructions:

1. This activity focuses on the C in SPECTacular which stands for Cognitive Health. This game allows student(s) to think about other uses for common household items and earn points for original answers.
2. Start by going over all the items that you are going to use for this activity. Ask student(s) to tell you the name of the item and what it is normally used for. For example, when you show them the whisk, they would say it is a whisk and it is used to mix batter for cakes, pancakes, etc.
3. Next, put the student(s) into their pre-determined teams – if you have more than one.
4. Explain that you are going to hold up an item and they are going to try to think of as many new uses for the item as possible in a certain amount of time. Model this for student(s).
For example: “Maybe the item I hold up is a ruler. I know a ruler is used for measuring. However, I need to come up with a BRAND-NEW way to use a ruler. I will think about the qualities of a ruler. Rulers are straight and long. They have numbers. They do not bend. It also has numbers on it. I could use the ruler to stir something. I could use the ruler to help me count. I could use the ruler to help me reach something.”
5. Explain they will have 2-3 minutes to brainstorm ideas about each object. They can write or draw their ideas the best they can on the paper provided.

6. At the end of the designated time, each team shares their ideas. After sharing, points will be assigned at your discretion. You can give a point for each idea they thought of. You can give a point for each idea they have that no other team thought of. The choice is yours. Take all answers as this encourages creativity and thinking outside the box.
7. Ask student(s) if they have any questions. Help student(s) with any misunderstandings.
8. Begin by holding up the whisk, give student(s) the allotted amount of time. Then ask for teams to share their ideas. Or, have the student share the idea with you.
9. Continue with all the other items. I think you will be surprised and delighted at the creative ideas they think of for the items!
10. In closing, remind the student(s) that your brain really likes to think. When they think, it makes the brain happy and healthy, and this is good for their Cognitive Health.

It Is Not What You Think

Name: _____



WHISK



PAPER TOWEL ROLL








PAPER BAG



POOL NOODLES



WIRE HANGER

	<p>RUBBER BANDS</p>
	<p>PILLOWCASE</p>
	<p>WOODEN SPOON</p>
	<p>CARDBOARD BOX</p>
	<p>STICK</p>

Whisk: <https://assets.leevalley.com/Size5/10005/EV452-best-balloon-whisk-11-1-2-inch-f-01-r.jpg>
Paper Towel Roll: <https://tiphero.info/wp-content/uploads/2016/04/Paper-Towel-FI-2.jpg>
Grocery Bag: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSH6kagaADEgSKpBEg-Fq-aaOcvGIF1o7NR5A&usqp=CAU>
Pool Noodle: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTyYbdpSomaO1YGuk87OGhX3wIHnK9t-aQjYQ&usqp=CAU>
Clothes Hanger: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRpXzaY93Tg7ObeezTWKA1KDac9WlhRN3rfTA&usqp=CAU>
Rubber Band: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcT7hEb3NgoGQHGw_UAwk8BbgFjHdAv-HV6IGA&usqp=CAU
Pillow Case: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcStOWDZzVMpOE4Rtn9TTYqWYOB6HhI4HOn4cA&usqp=CAU>
Wooden Spoon: <https://assets.wsimgs.com/wsimgs/rk/images/dp/wcm/202215/0063/img62c.jpg>
Cardboard Box: https://www.thimm.com/fileadmin/user_upload/Thimm_Website/DE/produkte-dienstleistungen/Produkte/THIMM/faltkartons-kaufen-240x130x130mm-guenstig-versandkarton-THIMM.jpg
Stick: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcS-GRCTmioAWtKU4Gyz3HoKG89HIyn0spDTM3zHoMr-QBTqKU1RfKuLD5N3S3wxFURWzJg&usqp=CAU>