



**A Healthy Brain is SPECTacular (🌈 A Cognitive Health Story)
(Kindergarten 5 – 6 yrs.)
Worksheet: My Brain Is the Boss**



STORY CONNECTION – SLIDES 13-14 (Approx Time: 15-20 mins)

With a healthy brain you can do things by yourself, you can move, you can be happy and show others that you are happy, and you can think. **YOU CAN DO ANYTHING!!!** When you do things that you feel good about, when you move your body, when you feel happy and when you use your brain – by thinking. **REMEMBER**, if your brain is healthy, you can do anything. Helping your brain stay healthy is SPECTacular.

Materials needed:

- SPECTacular worksheet (included below) or blank paper (1 per student)
- Pencils

Preparation needed:

- On the board or chart paper, draw the worksheet (below).

Instructions:

1. This activity is a review of what the student(s) learned in the story.
2. Begin by asking the student(s) the following question:
 - a. What does it mean to be “the boss”?
Potential Answers: It is someone who is in charge of others, a person others must listen to, someone who tells others what to do, etc.
 - b. Why might your brain be considered the boss of their body?
Potential Answers: It is because it controls the body. It helps them do everything.
3. Next, point out the S and review that it stands for Social Health. Ask student(s) to brainstorm (think) and share all they remember about Social Health from the story, PowerPoint, All by Myself activity, etc.
4. As student(s) respond, write or draw their ideas in the S section as they say them.
5. After they have brainstormed their ideas have them choose one idea about Social Health to write or draw on their paper in the S section. This can be something new they learned, something they want to remember, something they think is important, etc.
6. Next, point out the P and review that it stands for Physical Health. Ask student(s) to brainstorm (think) and share all they remember about Physical Health from the story, PowerPoint, freeze dance activity, etc.
7. As student(s) respond, write or draw their ideas in the P section as they say them.
8. After they have brainstormed their ideas have them choose one idea about Physical Health to write or draw on their paper in the P section. This can be something new they learned, something they want to remember, something they think is important, etc.
9. Continue this process with E for Emotional Health and C for Cognitive Health.
10. These can be hung up or taken home as reminders about taking care of their brains.

11. In closing, remind them that with a healthy brain they can do ANYTHING! Now that they know about SPEC, they have the tools to keep their brain happy and healthy!

Name _____

My Brain is the Boss

S

P



E

C

Brain image: <https://media.healthyfood.com/wp-content/uploads/2019/11/Retrain-your-brain-for-weight-loss-iStock-1208760136-1024x838.jpg>