








**Activities Summary**  
**A Healthy Brain is SPECTacular (🧠 A Brain Health Story)**  
**(Kindergarten- 5 - 6 yrs.)**

-  **#1-Think, Pair, Share: All by Myself**
  - Students celebrate what they can do by themselves while learning about Social Health.
  - Approx Time: 5 mins
  - Story Connection: Slide 5
  
-  **#2-Physical Activity: Freeze Dance**
  - Students move to the music while freeze dancing to review Physical Health.
  - Approx Time: 5-10 mins
  - Story Connection: Slide 7
  
-  **#3-Song: Emotions Hokey Pokey**
  - Students do the Emotions Hokey Pokey to practice facial expressions related to Emotional Health.
  - Approx Time: 10-15 mins
  - Story Connection: Slide 9
  
-  **#4-Game: It is Not What You Think**
  - Students use their cognitive skills to think of creative uses for everyday items in this team game.
  - Approx Time: 25-30 mins
  - Story Connection: Slide 12
  
-  **#5-Worksheet: My Brain is the Boss**
  - Students review SPECTacular Brain Health by completing a worksheet as each type of Brain Health is reviewed.
  - Approx Time: 15-20 mins
  - Story Connection: Slides 13-14