



**Story General Information**  
**A Healthy Brain is SPECTacular (🧠 A Brain Health Story)**  
**(Kindergarten – 5-6 yrs.)**

This story explains the function of the brain and describes how and why it is important to have a healthy brain.

- 🧠 Your brain is important because it helps you do EVERYTHING that you do – so we must keep our brain healthy.
- 🧠 A healthy brain is dependent on Social, Physical, Emotional and Cognitive (SPEC) health. There are four things you can do to keep your brain healthy; doing something by yourself (social), making your body move (physical), being happy (emotional), and thinking (cognitive).
- 🧠 If your brain is healthy, you can do anything.

The facilitator begins by introducing themselves, neuroscience, and the program, *Brain Health: It's SPECTacular*. Brain Health is about maintaining a happy, healthy brain to feel good. The beginning letters of SPECTacular (SPEC) each represent a component of Brain Health the children have learned about in previous lessons. The facilitator reviews each component (Social, Physical, Emotional, and Cognitive) and its importance to staying healthy and happy. This summative lesson focuses on the importance of the brain because it helps you do EVERYTHING. The facilitator asks questions throughout the lesson to ensure the children understand how each component contributes to overall brain health.

For Social Health, the children are asked about being able to do something that they could not do previously. They are asked to imagine how that feels. Being able to do something on their own and having them recognize that fact is good for their self-esteem. Self-esteem is an important part of their Social Health.

For Physical Health, the facilitator describes how their brain “talks” to their body so that they can move. They discuss different movements and explain how physical activity helps to make the brain healthy. The children are encouraged to move and participate in discussions of how to make their brains healthy.

The emotional state of happiness can be experienced with good Emotional Health. The children will recognize and identify the feeling of being happy. They are also learning that emotions can be shared with others through facial expressions. The focus is on being happy because happiness is a concept understood by children. A healthy brain does not necessarily have to be “happy,” it just needs to be able to function properly for them to stay alive. All the things being described do indeed make them feel good – and could equate to feeling happy.

Cognitive Health is introduced to the children as thinking. They discuss this behavior as one which takes place inside of their own heads, which is where the brain is located. This is another essential behavior that the brain mediates, but one that they cannot see (covert behavior).

As the children actively engage in answering questions, discussing with the facilitator, and exploring the four different components of SPEC Health, they will develop an understanding of the brain's functions, capabilities and how to maintain a Healthy Brain. That's SPECTacular!

**Story Objectives:**

- Students will identify that the brain allows them to do everything.
- Students will determine that their actions and feelings contribute to a healthy brain.
- Students will discuss how their abilities and accomplishments make them feel, introducing the idea of self-esteem and self-worth.
- Students will explore different ways (components of SPEC Health) to foster and maintain a healthy brain.
- Students will enhance their social skills and awareness by asking and answering questions to help identify how to maintain and promote a healthy brain.