



## 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 have to keep our brain healthy.
- 🧠 There are 4 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.

### 🧠 SLIDE #1 - INTRODUCTION:

Good Morning (Afternoon)!

My name is \_\_\_\_\_ and I *(describe who you are and give your relation to neuroscience – ex. you are a Neuroscientist, you study neuroscience, you have a friend that is a neuroscientist or you have recently been learning a lot about neuroscience)*.

That's a really big word! But, a neuroscientist is a person who knows a lot about the brain.

I am here today to talk to you about how you can help make your brain healthy. Healthy means feeling good. It is REALLY easy to have a healthy brain and anyone can do it.

I love to talk about Brain Health because it's SPECTacular!!! SPECTacular means "GREAT!" When your brain is feeling SPECTacular, you are a happy and healthy person.

To spell SPECTacular you need...S – P – E – and C. *(show and point to the letters as you say them)*

To keep your brain healthy, you also need S – P – E – and C. *(show and point to the letters as you say them)*

The 1<sup>st</sup> *(hold up 1 finger)* thing that helps your brain stay healthy is loving yourself and loving other people...family and friends- that is being **Social**. That is the **S**. *(show and point to the letter)*.

"Being social" means you love yourself and you are nice to yourself.

It also means that you like and are nice to other people.

The 2<sup>nd</sup> *(hold up 2 fingers)* thing that helps your brain stay healthy is taking care of your body – that is being **Physical**. That is the **P**. *(show and point to the letter)*. I know "Physical" sounds like

the letter “F” at the beginning. Isn’t that funny?!

Being physical means you move your body, you eat, and you sleep.

The 3<sup>rd</sup> (*hold up 3 fingers*) thing that helps your brain stay healthy is knowing how you “feel” – **Emotions**. That is the **E**. (*show and point to the letter*).

There are lots of emotions. Being happy, sad, surprised, disgusted or mad. These are all emotions.

Knowing that we have different emotions and that we can do different things to help us with our emotions is very important to making our brain healthy.

The 4<sup>th</sup> (*hold up 4 fingers*) thing you can do to make your brain healthy is to think...and not just when you are in school. **Cognition** - that is the **C** – is a big word that means being able to think.

Inside your head, your brain thinks all the time!!!

So, let’s see how you can keep your brain healthy.

## **SLIDE #2 – A HEALTHY BRAIN IS A SPECTacular BRAIN**

The story I am going to tell you is called “A Healthy Brain is SPECTacular”.

## **SLIDE #3 – SPECTacular?**

Spectacular – that is a BIG word too – it means GREAT!!! (like Tony the Tiger says)

That means a healthy brain is GREAT!!! A healthy brain makes you a happy and healthy person.

## **SLIDE #4 – WHY KEEP YOUR BRAIN HEALTHY?**

So, today I am going to tell you a little bit about how you can help to make your brain healthy. It is REALLY easy and anyone can do it.

First, you may be thinking...why do I have to keep my brain healthy?

Well, as a someone who knows a lot about the brain, I can tell you that your brain helps you do EVERYTHING that you do.

**Question:** What are some of the things that you do? (After everything they say...say “Yup...your brain helps you do that!”)

Your brain helps you eat, sleep, look at books, play soccer, and play with your toys.

So, it is important to keep our brain healthy so that we can do all the things that we do.

## **SLIDE #5 – I CAN DO THIS BY MYSELF**

Ok...so how can I make my brain healthy?

Let’s talk about things that you can do ALL BY YOURSELF.

**Question:** How many of you can eat all by yourself? How many of you can get dressed all by yourself?

How many of you can ride a bike all by yourself? (If anyone says they can't do these things, tell them not to worry – they can learn).

When you do something by yourself – especially something you could not do before – you feel good about yourself.

Feeling good about yourself makes your brain healthy.

Feeling good about yourself is the **S** in SPEcTacular and that stands for **SOCIAL** Health.

### **SLIDE #6 – MOVE THAT BODY**

Your brain likes to talk to your body – it can make you move. When your body is moving, that also makes your brain healthy.

### **SLIDE #7 – MOVE THAT BODY**

**Question:** What kinds of moves can you do?

Let's make our brain healthy. I want everyone to stand up and dance around. (At this point, chaos should ensue – but the children should be laughing.)

Your body likes to move and so when it does it makes your brain happy. And, remember when your brain is happy it is healthy. So, moving makes your brain healthy.

Moving your body is the **P** in SPEcTacular and it stands for **PHYSICAL** Health.

### **SLIDE #8 – I AM HAPPY AND I KNOW IT**

**Question:** When you feel good about something are you HAPPY or SAD?

When you feel happy that makes your brain healthy. Your brain likes it when you are happy, in fact there is a special part of your brain that makes you feel happy.

**Question:** What are some things that make you happy?

Puppies make me happy. Just looking at cute little puppies makes me all happy inside. Puppies make my brain happy and make my brain healthy!

### **SLIDE #9 – MY FACE IS HAPPY TOO!**

**Question:** Hey, 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 don't 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.

### **SLIDE #10 – LET ME THINK ABOUT IT**

The last thing that you can do to make your brain healthy is to think...and not just when you are in school. Your brain thinks all the time, that is something you do inside of your head.

 **SLIDE #11 – LET ME THINK ABOUT IT**

Let's see...I want everyone to close their eyes. I want you to think about an elephant. Did you see something like this? Was the elephant in the room? Was there an elephant in your head?

No, of course not!!! Your brain can think about what an elephant looks like as long as they have seen an elephant before – either a real one or a picture of one.

 **SLIDE #12 – LET ME THINK ABOUT IT**

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.

 **SLIDE #13 – WITH A HEALTHY BRAIN, YOU CAN DO ANYTHING**

So, 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!!!

 **SLIDE #14 – CONCLUSION**

Thank you all for letting me talk to you about your brain helps you to do everything and you can keep your brain healthy.

I have enjoyed spending time with you today talking about the brain. I hope that you have had some fun and learned something about your brain. You can keep your brain healthy – 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.

**THANK YOU SO MUCH FOR ALL OF YOUR HELP!!! Brain Health is not just SPECTacular...it is FUN!!!**