

## Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

### Story General Information

#### Talents: Everyone Has One (🧠 A Cognitive Health Story) (K- 5-6 yrs.)

This story describes how even though we all have a brain, different brains work differently. This makes for a diverse world, where everyone has strengths and weaknesses.

- 🧠 Your brain helps you do things. Just like people's bodies are different, people's brains are different as well.
- 🧠 There are some things that you will be good at without even trying, and there will be some things that you have to work harder to do. Everyone has strengths and weaknesses.
- 🧠 We know that everybody has talents. Finding what kinds of things that you are good at doing and that you really like to do and then doing them is the secret to a healthy brain.

The facilitator begins by introducing themselves, neuroscience, and the program: Brain Health: It's SPECTacular. They explain the **C** in SPECTacular represents Cognitive Health. In this lesson, children learn about keeping their brain healthy by thinking and learning more about how and why they think. Cognitive Health is an important part of a healthy and happy brain.

In this lesson, the facilitator defines *talents* for the children and describes how physical features, abilities, or skills people possess contribute to identifying and learning their special talent. The children share what they are good at and like to do. The facilitator identifies these for the children as their *gifts* or *talents*. A talent brings joy or happiness to someone and therefore, the person enjoys doing that behavior. When someone does the same behavior over and over again, it is called *practicing*. Practicing a talent improves a person's skill by the brain and body learning and remembering that specific behavior. Practicing makes someone even better at their talent.

The facilitator shifts the discussion emphasizing that talents are unique to different people because each person has a different body and brain. Different bodies and brains mean people have different talents; therefore, everyone is not good at everything they do or try. If everyone was good at singing, no one would want to cook and people may get very hungry! Differences are very important to the world.

Finally, the facilitator explains that differences mean people are not good at everything they try. Some skills come easily to a person (like math), while others are very challenging (like writing words). When someone has trouble with a particular skill, they can always ask for help (from family, friends, teachers). Even if something is hard, with practice and help, they can do it!

People get joy from doing their talent and sharing it with others. However, people also find it enjoyable to watch or partake in other people's talents too. The facilitator encourages the children to explore and try new activities to discover their strengths, skills, and gifts. Knowing, practicing, and improving their talents helps their brain become happy and healthy!

**Story Objectives:**

- Students will define talents as something/behaviors people are good at doing.
- Students will identify and lists different types of talents.
- Students will name their talents.
- Students will define practicing and how it contributes to improving talents.
- Students will explain why people have different talents.
- Students will discuss how learning something new can be hard.
- Students will discuss how sharing their talents makes themselves and others happy.