



Talents: Everyone has Them (🧠 A Cognitive Health Story) (Kindergarten – 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 to 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.

♥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).

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 to make your brain healthy – feeling good. It is REALLY easy and anyone can do it.

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

This story is about Cognitive Health – which is the C in SPECTacular. Cognitive Health is about thinking...and not just when you are in school. Cognitive is a big word that means being able to think.

Your brain thinks all the time, that is something you do inside of your head.

It is your brain's job to think and by thinking you are making your brain healthy.

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

♥SLIDE #2 – TALENTS: EVERYONE HAS ONE

This is a story about finding the things that you like to do and that you are good at doing.

These are called talents.

This is a story to let you know that EVERYONE has things that they are good at doing.

So, everyone has a talents – which is the title of the story “Talents: Everyone Has One”.

♥SLIDE #3 – WHAT ARE TALENTS?

Talents are behaviors that you can do – that you are good at doing – and that has something to do with your body and your brain.

Let’s say you have really strong legs, you may be able to kick a ball really far.

Or, you may have really good control over the way you move your hand, so coloring a picture is really easy for you to do.

Or, you have really good eyes, so you may be really good at finding things when they get lost.

Or, you may have a really good voice, so you may be able to sing really well.

All of these are talents. There are lots of different talents and people usually have more than one.

♥SLIDE #4 – YOUR TALENTS

Let’s see what some of your talents are...

If you are good at playing a sport – like baseball, soccer, tennis or riding a bike – then raise your hand.

If you are good at playing a musical instrument – like the guitar, violin, piano, or you can sing – then raise your hand.

If you are good at creative things - like drawing, making a puzzle, telling stories, or doing crafts – then raise your hand.

♥SLIDE #5 – YOUR TALENTS

If you raised your hand one or more times, then you have a talent.

ALL these things – playing a sport, or a musical instrument or being creative - show that you that you have a talent. And, most likely you have more than one talent.

You have these talents because of your body and your brain....it is your gift.

♥SLIDE # 6 – PRACTICE

For some reason when we find a talent that we have, we usually like to do it.

Because we like to do it, we do it a lot and we get even better at doing it.

When we do things a lot – this is called practicing.

♥SLIDE #7 – OUR TALENT GROWS

When we practice doing things, our body and our brain learn and figure out how to do things easier and better.

This makes our talent – our gift – grow.

♥SLIDE #8 – OUR TALENT GROWS

QUESTION: Ok...how many of you could ride a bike the **first** time you tried it?

Riding a bike takes practice. If you practice, you learn how to turn the bike, make it go faster and slower by pedaling, and you will learn how to stop by either using the brakes or your feet.

Now, some people may learn how to ride a bike faster than some other people.

That may be because they are stronger or are not afraid of falling. These people have something about their body and their brains that make it easier for them to learn how to ride a bike – so they have a bike riding talent.

But, even if it takes you longer to learn how to ride a bike – you can still learn how to ride a bike.

You may find that you are actually good at riding a bike and that you like to ride your bike. This is because you practiced riding your bike.

You're good at it – you like it – but...you just will not be the person who does jumps, and spins and tricks on your bike. And, that is ok. Not everyone can do jumps, spins or tricks on their bikes.

♥SLIDE #9 – DIFFERENT TALENTS

Different people have different talents (gifts) because different people have different bodies and brains.

Because everyone is **different**, different people may be good at doing **different** things. So, they have different talents.

♥SLIDE #10 – DIFFERENT TALENTS

It is actually good that people have different talents, because it would not be good if everyone were good at the same thing.

What if everyone was good at singing? Then everyone would want to be singing – because singing made them happy. But, then no one would want to be good at cooking.

If no one was good at cooking, then no one would want to cook and then how would we get food to eat.

Everyone would be singing – because that was their talent – but, everyone would be hungry.

You can't sing well – or do anything well – when you are hungry.

It is a good thing that some people are very talented at cooking and some are talented at singing.

♥SLIDE #11 – EVERYONE HAS TALENTS

Because different people have different talents, you need to find what you are talented at doing.

ALWAYS remember, that everyone has talents. It is fun to try and find out what you are talented at doing.

One way to find out what you are talented at doing is to try different things.

The other thing that you have to remember is that no one is talented at everything.

We are all good at some things, but hardly anyone is good at everything.

The thing to remember is to always do your best.

♥SLIDE #12 – PRACTICE

When you find something that you like doing, you have to remember that sometimes it takes a little practice to get good at something.

You may like to throw balls, but you may find that you are not very good at it at first.

You may find that if you practice throwing a ball over and over again, then you will become really good at it.

If you had stopped practicing throwing a ball, you may never have known that throwing a ball is one of your talents and that it is fun.

♥SLIDE #13 – DIFFERENT THINGS

Now that you know about what talents are and that everyone has talents, the fun thing is to find out more about what you are good at and what you are not so good at.

At school, you are asked to do different things.

Some things, like math you may find that you really like and you are good at it.

You may find that writing words is really hard for you.

The thing to remember is that just because something is hard at first, this does not mean that you cannot do it.

If you find something is hard for you, you need to be able to ask for help and practice doing it.

If you are having trouble with schoolwork, your teachers, classmates or family may be able to help you.

♥SLIDE #14 – FINDING YOUR TALENTS

Learning what is hard for you to do is just as important as learning what is easy.

Remember, when you find something that is hard to do – like throwing a ball – you may just need practice.

♥SLIDE #15 – USE AND SHARE

When you do find something that you have a talent for doing – your gift, you should find a way to use your talent and share it with others.

When you share your talent with others, that will make you and them happy.

Sharing your talents will also help to make your brain healthy.

♥SLIDE #14 – CONCLUSION

Thank you all for letting me talk to you about talents – your gifts.

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.

REMEMBER, everyone has talents and you just need to find yours. Also, remember that not everyone has the same talents, so sharing your talents is a nice thing to do. Sharing your talents also helps your brain stay healthy and that is SPECTacular.

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