

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Activities Summary

What Am I Feeling? (🌈 An Emotional Health Story) (Kindergarten – 5-6 yrs.)



#1-Think, Pair, Share: Hands or Brain?

- Students will observe various images and decide if what they see is something they can feel with their hands or brain.
- Approx Time: 15-20 mins
- Story Connection: Slides 4-5



#2-Game: I Have a Feeling

- Students will decide if scenarios make them feel happy, sad, or angry and earn points for their team for telling why.
- Approx Time: 15-20 mins
- Story Connection: Slide 8



#3-Physical Activity: Move Like You Feel

- Students will roll two dice and move accordingly based on what emotion and situation they roll.
- Approx Time: 15-20 mins
- Story Connection: Slide 9



#4-Craft: Randomly Making People Smile

- Students make cards to give out for random acts of kindness with hopes of putting a smile on someone's face.
- Approx Time: 25-30 mins
- Story Connection: Slide 15



#5-Song: If You're Happy

- Students sing a song about emotions and use motions to act out those emotions to review what they learned in the story.
- Approx Time: 10-15 mins
- Story Connection: Slide 17