



**Your Tummy Helps Your Brain-REALLY? (🧠 A Physical Health Story)
(Kindergarten – 5-6 yrs.)**

**Game: Charades-When Is Your Brain Working?
Group Activity**



STORY CONNECTION-SLIDE 12 (Approx Time: 15-20 mins)

Eating food is especially important for your brain because your brain uses more energy than any other part of your body. This is because your brain is ALWAYS working. Your brain is working – and needs energy - to do all those things that you do. When you go to school – your brain is working. When you are playing with your friends – your brain is working. When you are talking – your brain is working. When you are sleeping – yes, even when you are sleeping – your brain is working. That is why your tummy really is so important to your brain. Your brain needs energy to do all the things we need and like to do, and we get energy from food. Your tummy is the one that makes sure that you get food.

Materials needed:

- Space for student(s) to act out the activities and play charades
- Activity cards included below (optional)
- Paper
- Pen or marker
- Scissors
- Hat or cup for slips of paper

Preparation needed:

- Secure a space for student(s) to safely move and act out activities.
- Print out and cut apart the activity cards included below **OR** cut strips of paper and write or draw activities on them.
- If making your own cards, write and/or draw various activities on slips of paper, fold them, and put them into the cup or hat. Activities can include riding a bike, eating, dancing, doing gymnastics, jumping rope, playing basketball, rollerblading, reading, taking a walk, building something, kicking a ball, ANYTHING! Use activities that your student(s) do and will recognize.
- Fold all activity cards and put them in a hat or cup.

Instructions:

1. The student(s) learned in the story that no matter what they are doing, their brains are working. During this game of charades, this point will be solidified.
2. Start by asking the student(s) if any of them know what the game called charades is. If they do, have someone demonstrate or explain how to play. If not, explain and demonstrate how to play the game by doing an activity that they all do like brushing their teeth and have them try to guess what you are doing.

3. Show the cup or hat to the student(s) and tell them that there are slips of paper in it with activities that their brains help them do. Remind them that their brains help them to EVERYTHING, so there are a lot of different activities on the slips of paper.
4. Have one student pick a slip of paper. Depending on the reading ability, an adult might have to whisper/read the activity to the student.
5. The student who picked the activity acts it out using only actions, not talking.
6. Other student(s) try to guess what the student is doing.
7. Once someone guesses correctly, discuss whether their brains are working when doing that activity. "Is your brain working when you are dancing? YES!"
8. Continue with the other activities, having different student(s) act them out. Remember to have the discussion about their brain working after each activity.
9. In closing, ask student(s) if they noticed anything about the activities... that their brains were working during ALL of them. They should notice that their brains had to be working during ALL of them. This emphasizes the idea that their brains are always working.



Riding a bike



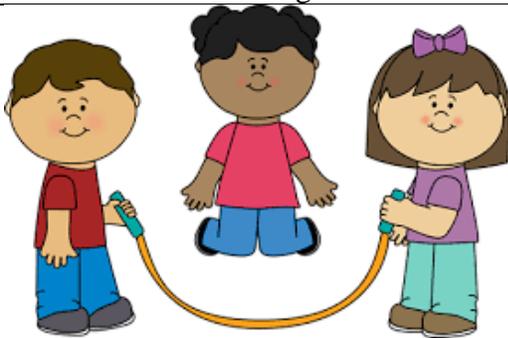
Eating



Dancing



Doing gymnastics



Jumping rope



Playing basketball



Rollerblading



Reading



Going for a walk



Playing



Kicking a ball/playing soccer



Sleeping



Doing homework/schoolwork



Cleaning/doing chores

Kids riding bikes image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRQuTxMJAnMNI7mIRQIIZSSP6jcyHroQusB--yUbvgt20FwvXk&s>

Kids eating image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQxGNVXMNU6zv-jt9dkIHOLLN_HWD4p6ef6DQjLQhnGvWE8IZvs&s

Kids dancing image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTR8p9EwIP4XkIkI9RIItWTjTyLr4S9fHwgcobB3juNEW6Qnyd3LP&s>

Kids doing gymnastics image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTTsqEUGaPbIDYv1JJI-SJZJ7d5SxXmgtKMpMfpoCPlmLEQsSI&s>

Kids jumping rope image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSIGkZE0j8Cz4G7kqZQwzVpkEYfPnL8laVIHJiHZfupLIHDJA_I&s

Kids playing basketball image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSzjotyE-oRpjDkPSSqkycvx9igc-CJWKooyTO_0OkwaHKN_I0&s

Kids rollerblading image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSwpifqXrx95Aoikcm-zb0Y-IiXUSIUFaJGDKs_ZLGEzgWJCiq&s

Kids reading image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQhJKSjoDjWz96Vm78v8QAX8BkiA8wrjPYPAJkgY6swjQGcCSA&s>

Kids walking image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSt_EWQUIIGJZ2a0NTIYdwxOhcJYYArYPPmQ0OnPrll0kY6zUc&s

Kids building image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQZRx386MJBG4xabOXy3KNRUQ_LjROdEmBPzkUYfraFO7XJ2DQq&s

Kid kicking a ball image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcT9_ay_gOR4j-LyLImpIjOA4r7rZJPjDgddniG0gy9Yzc5OLVUE&s

Kid sleeping image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTxpXR1-xTr_eYyKd98oHKRYBk8eH0jfQejO2yc-Q5w81QSjOU&s

Kid doing homework image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcT1f_sMi6ecFIEeKZcClTzqJNIsQSGRmX1_jSQ6mZYsy8BiSjM&s

Kid cleaning room image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRw8y89N20TdS8sArvcq12CVpifR0U2eVxnxVCoIC1pE1-1ZQec&s>