

## Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

### Story General Information

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

This story describes how the stomach and brain work together to keep someone alive and healthy.

- 🌈 Your body and your brain “talk” to each other. When you are hungry, your stomach (gastrointestinal system) sends signals to your brain to let you know that you are hungry. Your brain then tells your body to get food.
- 🌈 Your brain needs energy. Your tummy, along with its friends the GI system, breaks down your food into energy that your brain can use. The food is then sent to the brain in the blood.
- 🌈 Your brain and tummy are the perfect partners, they both need each other in order to do the work they need to do.

The facilitator begins with an introduction of themselves, neuroscience, and an overview of the program, Brain Health: It's SPECTacular. In this story, the focus is Physical Health. Knowing more about how the body physically works can help the brain stay healthy. The children learn how the stomach communicates with the brain to receive energy. Energy is fuel for the body and brain.

The children identify different body parts (arms, feet, head) and demonstrate how they can make them move (wave, wiggle, nod). The facilitator explains how the brain is talking to each body part to complete the action. However, some parts can also communicate with the brain, like the stomach. The children describe what it means if they hear their tummy growl, hunger. But, the stomach is unable to feed itself. It needs the brain to tell the rest of the body what to do to get food.

The facilitator explains the importance of food and eating to the body. Food gives the body the energy it needs to do work. The children hear the definition of *energy* (makes things go or work) and answer a few questions identifying different types of energy (gas/car, tablet/plugged in, people/food). *Signal* (a way of sending information without using words) is also defined and common examples are provided (alarm clock, phone ringing) to help students connect with how the stomach communicates with the brain. They are guided through the step-by-step process in which the stomach, brain, and body “talk” and work together to identify hunger, ask for/prepare food, and eat.

In conclusion, the facilitator discusses the importance of food and energy to the brain. The brain is always working and helping the body complete tasks. At school, home, playing, talking, and even sleeping, the brain has a lot of work to do, and energy is the power it needs to be successful at its job. The stomach helps the brain know when the body needs food. When the body has food/energy, the stomach and brain are happy. A happy brain is a healthy brain...and it's SPECTacular!!!!

#### Story Objectives:

- Students will identify different body parts (inside & outside).

- Students will recognize and demonstrate how the brain communicates to each body part allowing us to complete tasks.
- Students will describe how they know they are hungry and what they do.
- Students will define *energy* and give examples of different types of energy.
- Students will determine that food gives us energy.
- Students will define *signal* and give examples of signals.
- Students will recognize the steps our stomach, brain, and body take to get energy.
- Students will describe why energy is important to our bodies.