



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

This story describes how your stomach and brain work together to keep you 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 to do all the things it has to do. We get energy from food.
- 🌈 Your brain and tummy are the perfect partners, they both need each other in order to do the work they need to do.

♥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 Physical Health – which is the P in SPECTacular. Physical Health means you are keeping your brain healthy because you are taking care of your body.

Being “physical” means you move your body, you eat – to give your body energy and you sleep – because sleeping does a LOT to take care of your body.

When you take care of your body by moving it and giving it the energy and sleep that you need, that also makes your brain healthy.

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

♥SLIDE #2 – YOUR TUMMY HELPS YOUR BRAIN – REALLY?

You may not know it now, but your brain and your tummies talk all the time. Today we are going to talk about how and why that happens.

Today's story is a Physical Health story.

The "P" in SPEctacular is for Physical Health. When your tummy talks to your brain, it tells you to get food. Eating food makes your brain and body healthy.

And remember, helping your brain stay healthy is SPEctacular.

♥SLIDE #3 – YOUR BRAIN TALKS TO YOUR BODY

There are a lot of things that your brain and body talk about.

First, remember you have lots of different parts of your body. You have arms, hands, legs, feet, and a head – just to name a few.

QUESTION: Did you know that your brain talks to all these body parts?

If I were to tell you to raise your arm and wave at me, then your brain tells your arm to do it.

If I were to tell you to wiggle your feet, then your brain would tell your feet to wiggle.

Your brain tells your head to nod up and down when you want to say "Yes" when someone asks you if you want a cookie.

♥SLIDE #4 – YOUR BODY TALKS TO YOUR BRAIN

So, your brain is talking to your body, but did you know that your body also talks to your brain?

QUESTION: Have you ever heard your tummy growl? Raise your hand if your tummy has ever growled.

When you hear your tummy growl that is your tummy talking to your brain. Your brain then starts to think about food.

♥SLIDE #5 – TUMMY TALKS

QUESTION: What is your tummy talking to your brain about?

That's right, your tummy tells your brain when you are hungry.

QUESTION: Ok...what should you do when you are hungry?

That's right, we should eat food.

♥SLIDE #6 – TUMMY TALKS BRAIN LISTENS

But, wait...in order to eat food, we need to go get food, or ask for food. Then we have to put the food into our mouth.

That means we need lots of different parts of our body to work.

Our tummy doesn't talk to our body, so our tummy cannot make our arms and legs move to get food and put it in our mouth.

QUESTION: Do you remember what part talks to your body?

That's right, it is your BRAIN!

Your brain tells your body go get food or ask for food.

Your brain tells your hands to put the food into your mouth and your brain tells your mouth to chew the food and swallow it so it can go down into your tummy.

That makes your tummy very happy.

♥SLIDE #7 – FOOD & ENERGY

We all know that eating food is important to keep both our brain and our body healthy. But, did you ever wonder WHY eating food is so important?

Food gives us **energy** to do the things that we need (and like) to do.

♥SLIDE #8 – ENERGY

Wait a minute, what is energy?

Energy is needed to make things go or make things work.

Let's think about this...raise your hand if you have ever been in a car or on a bus.

QUESTION: What kind of energy does a car or bus use to make them go?

That is right, most cars and buses use gasoline to make them go.

Ok...raise your hand if you have ever watched TV or used a cell phone or tablet.

QUESTION: How do you think the TV, cell phone or tablet gets energy?

That is right, you need to plug them in so that they can work.

Ok...so we don't use gas – or get plugged in – when we need energy, that is why we eat food.

Food gives us energy.

♥SLIDE #9 – TUMMY HELPS BRAIN GET ENERGY

In order to get food or energy, your brain and your tummy “talk” to each other.

One of the reasons your tummy growls is because it is empty and it wants some food.

Your tummy takes that food and makes energy that the brain and your body need.

Your tummy can tell your brain when we need more food for energy.

♥SLIDE #10 – TUMMY SENDS SIGNALS

When there is no more food in our tummy, your tummy needs to send the brain a signal.

A signal is a way of sending information without using words.

An alarm clock uses a buzzer, bell or music to send a signal. The buzzer, bell or music is a signal to wake a person up in the morning.

The phone uses a ringtone as a signal. This ringtone tells a person that there is someone on the phone to talk to.

Your tummy cannot talk, so your tummy uses special signals – called chemicals - instead of words to talk to the brain.

♥SLIDE #11 – BRAIN NEEDS SIGNAL FROM YOUR TUMMY

When your brain gets the signals from your tummy that there is no food - and no energy to use, then the brain goes into action.

Remember, your brain uses LOTS of energy. So, your brain gets the other parts of the body to help get the food – and the energy – it needs to be able to work.

Your brain tells your legs to go and either find some food, or ask someone for food.

Your hands pick up the food and put it in your mouth.

Your mouth chews and swallows the food so it can get to your tummy.

Your tummy tells your brain that it now has food.

YAY!!! Both your tummy and your brain are now happy.

They are happy because food - and the energy that is made from the food - is so important to your body and your brain staying healthy.

♥SLIDE #12– BRAIN USES LOTS OF ENERGY

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 that 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 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.

♥SLIDE #13 – CONCLUSION

Thank you all for letting me talk to you about how your tummy talking to your brain really does help your brain.

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, your tummy and your brain work together to get food. Your tummy then changes the food into energy. Your brain needs energy to do all the things that it has to do. Helping your brain stay healthy is SPECTacular.

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