



Do I Really Have a Brain? (🧠 A Brain Facts Story)
(PreK - 4-5 yrs.)
Physical Activity: Flex Your Muscles



STORY CONNECTION-SLIDE 10 (Approx Time: 10-15 mins)

Muscles – I am supposed to have muscles. But...wait I cannot see my muscles. If I took away my skin, then I could see my muscles. Hold up your arm and flex your biceps. I can see my muscles. See what my muscle does to my arm – it changes the shape of my arm. I can FEEL my muscles. My muscles make my arm hard.

Materials needed:

- Space for student(s) to do exercises
- Music to play during exercises (optional)
- Equipment to play music out loud

Preparation needed:

- Determine location for activity.
- Find/Create a kid-friendly playlist

Instructions:

1. In this activity, student(s) will do various exercises that will allow them to feel their muscles even though they might not be able to see them.
2. In the story, student(s) flexed their arm muscles, so they know they have them. Ask student(s) if they think they have muscles anywhere else in their bodies. Have student(s) respond.
3. Have student(s) spread out prior to starting the exercises.
4. Demonstrate how to do lunges for the student. Tell the student(s) to do the lunges with you until the music stops.
5. Play the music, encourage all student(s) to do lunges with you!
6. When the music stops, ask the student(s) the following questions and let student(s) respond.
 - a. Where in your body do you feel the muscles working? They should say their legs.
 - b. Can anyone see their muscles as they are doing the exercises?
7. Next, demonstrate how to do sit-ups or crunches. Tell the student(s) to do sit-ups or crunches with you until the music stops.
8. Play the music again. Encourage all student(s) to do a sit-up or crunch.
9. When the music stops, ask the student(s) the following questions and let student(s) respond.
 - a. Where in your body do you feel the muscles working? They should say their tummy/stomach area.
 - b. Can anyone see their muscles as they are doing the exercises?
10. Finally, demonstrate how to do pushups. Tell the student(s) to do pushups with you until the music stops.
11. Play the music, encourage all student(s) to do pushups with you!
12. When the music stops, ask the student(s) the following questions and let student(s) respond.

a. Where in your body do you feel the muscles working? They should say their arms/legs/tummy areas.

b. Can anyone see their muscles as they are doing the exercises?

13. After doing the exercises and discussing them, play the music for a minute or two and encourage them to flex their muscles by doing the exercises again as the music plays. Exercise can and should be fun!

14. In closing, discuss how we can feel our muscles, but we cannot feel our brains. How do we know if we really have a brain? We must keep going to find out!