

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Activities Summary

Do I Really Have A Brain? (🧠 A Brain Facts Story) (Pre-K – 4-5 yrs.)



#1-Demonstration: Do You See What I See?

- Students explore their surroundings to see that the things around them exist.
- Approx Time: 5-10 mins
- Story Connection: Slide 3



#2-Craft: Helping Hands

- Students think about how their hands help them and draw pictures to show their thinking.
- Approx Time: 10-15 mins
- Story Connection: Slides 4-5



#3-Experiment: Mirror, Mirror

- Students gaze into different mirrors to realize they can see many things, but not their brains.
- Approx Time: 15-20 mins
- Story Connection: Slide 7



#4-Physical Activity: Flex Your Muscles

- Students participate in various exercises to flex leg, stomach, and arm muscles.
- Approx Time: 10-15 mins
- Story Connection: Slide 10



#5-Craft: Thinking Cap

- Students make a thinking cap headband to help them remember that because they can think, they know they have a brain.
- Approx Time: 15-20 mins
- Story Connection: Slide 15-17