



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

This story talks about how you know that you have a brain, even though you cannot see it or feel it.

- 🧠 If we are going to take care of our brain, we need to know we have a brain.
- 🧠 Scientists ask questions to figure things out.
- 🧠 This story has the children acting as scientists to figure out if they have a brain.

### ♥SLIDE #1 - INTRODUCTION:

Good Morning (Afternoon) (or Hello)!

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 – which means 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 is a Brain Facts story. We have to know and understand some things about the brain if we are going to understand how to keep our brain healthy.

### ♥SLIDE #2 – DO I REALLY HAVE A BRAIN?

So, if I am a neuroscientist (or I study... or have a friend that studies... neuroscience), then I study the brain.

But, lately I have been thinking – do I know that I really DO have a brain? If I study the brain, I need to make sure that I have a brain.

That is what I need you students to help me with. I need to find out if I REALLY DO HAVE A BRAIN.

So...let's think about this.

### ♥SLIDE #3 – SEE

So, a neuroscientist studies the brain. But, how do I know that I (or you, or any of us) has a brain?

Let's see...

If I can SEE something that means I have it – RIGHT???

**Question:** What do you see with?

That's right!!! You see with your eyes. Let's see what your eyes can see.

**♥SLIDE #4 – HANDS**

Hands (Hold up your hands.)

I know I have hands. I can SEE my hands. I SEE that my hands have fingers. I can wiggle my fingers.

**Question:** Do you have hands and fingers? Of course you do.

Hold up your hands and wiggle your fingers if you have them.

**♥SLIDE #5 – DO YOU SEE HANDS?**

**Question:** Do you see hands and fingers here? Of course, they do.

These children have hands and fingers. We can SEE our hands and our fingers and we can see hands and fingers on these children – so we know that we have hands and fingers.

**♥SLIDE #6 – CAN I SEE MY BRAIN?**

**Question:** Can I see my brain? (START LOOKING ALL AROUND YOUR BODY.) Can you see my brain?

**Question:** Well, where is my brain supposed to be??? Does anyone know??? Ummmm....what do you think?

My head...my brain is supposed to be in my head.

Okay, let me see.

**♥SLIDE #7 – CAN I SEE MY BRAIN?**



**DEMO:** Wait...I am going to need some help to see my head. (Pull out a mirror and look into it – or discuss the picture.)

Okay, if I look into a mirror I can see my head. Can I see my brain? NO – I can't.

Can you see my brain? NO – you can't.

Can you see your brain? Oops, you don't have a mirror. (Either walk around the room having children look in the mirror OR instruct the children to go look in a mirror and then come back.)

What do (did) you see? Can (could) you see your brain? NO, you can't.

Look at each other, do you see any brains? NO. No Brains!!!

**♥SLIDE #8 – DO I REALLY HAVE A BRAIN?**

O.K. I can't see my brain.

Oh my heavens, maybe we don't have brains. I am a Neuroscientist (or my friend is a neuroscientist) and a neuroscientist studies the brain.

How can I (or my friend) be a neuroscientist and study the brain if we can't see our brain?

So the question is still – do I really have a brain????

### ♥SLIDE #9– FEEL

Hmmmm...

If I can FEEL something that means I have it – RIGHT???

### ♥SLIDE #10 – MUSCLES

Ok...I can see my head – but I cannot see my brain. But, if I can feel something then I know it is there.


Is there something that I cannot see – but, I can feel?

Muscles – I am supposed to have muscles.

(Look at your arm.) But...wait I can't see my muscles.

If I took away my skin, like is in this picture, then I could see my muscles – but that would be really gross.

Wait a minute....look at these guys (put up the picture of Spiderman, the muscle man and the Hulk). You can sort of see their muscles.

 **DEMO:** And Spiderman – he is showing us his muscle. Let me try this...(Hold up your arm and flex your biceps.)

Look at this. I can sort of see my muscles. See what my muscle does to my arm – it changes the shape of my arm

(RELAX AND THEN CONTRACT AGAIN WITH ONE ARM WHILE YOU ARE FEELING THE MUSCLE WITH THE OTHER HAND.)

But wait, I can FEEL my muscles. My muscle makes my arm hard.

Now, you do it.

**Question:** Do you have muscles? Can you see how your muscles in your arm change the shape of your arm? Can you feel your muscles? Does it feel hard?

So, we can kind of see our muscles and we can definitely FEEL them.

### ♥SLIDE #11 – CAN I FEEL MY BRAIN?

**Question:** Can I feel my brain?

You all said that my brain was in my head. Can I feel my brain? (START FEELING YOUR HEAD)

I can't feel it.



**DEMO:** (WALK OVER TO A STUDENT AND ASK THEM TO FEEL YOUR HEAD)

Can you feel my brain? NO – you can't.

Can you feel your brain? NO – you can't.

Can you feel your friends brain? NO. No Brains!!!

**♥SLIDE #12 – DO I REALLY HAVE A BRAIN?**

O.K. I know that I can't SEE my brain. I can't FEEL my brain.

Oh my heavens, maybe we don't have brains. A Neuroscientist studies the brain.

How can I (or my friend) be a neuroscientist and study the brain if we can't see our brain or feel our brain?

So the question is still – do I really have a brain????

**♥SLIDE #13 – WHAT DOES MY BRAIN DO?**

(LOOK REALLY PUZZLED – MAYBE PUT YOUR FACE ON YOUR FISTS)

O.K. I can't SEE my brain, I can't FEEL my brain. Do I really have a brain? I am neuroscientist, if I am a neuroscientist I need a brain to study. Oh no, what am I going to do????

Let me THINK, THINK, THINK. Wait a minute, I may not be able to SEE my brain, I may not be able to FEEL my brain – but I have an idea.

**♥SLIDE #14 – THINK**

**Question:** What is a brain supposed to do?

A brain is supposed to help you THINK. So if I can THINK I MUST have a brain.

Let's try this....

**♥SLIDE #15 – THINK**



**DEMO:** Everyone close or cover your eyes. Now, I want you to THINK about an apple.

(Show various pictures of apples.)

**Question:** Did everyone think about something that looks like these? Ok...good we all could THINK about apples.

(Start to get excited.)

If a brain is supposed to THINK and we could THINK about apples – even though we cannot see or feel apples...then maybe we DO have a brain!!!

**♥SLIDE #16 – THINK**

Ok, let's try to think again.

**Question:** We need to THINK if you add things – right?



**DEMO:** Now if I say what is  $1+1$  – What would you say? 2 - That is right!!!

We could THINK about what the answer is!!! If a brain is supposed to THINK and we can THINK then we really might have a brain!!! (Get more excited.)

**♥SLIDE #17 – THINK**

Ok...one more try...let's THINK.



**DEMO:** If I say “A B C D” and then ask what comes next? You would say the next letter is what?...E – that is right!!!

(Get REALLY excited!!!) YAY!!! We can THINK!!! We MUST have brains!!!

**♥SLIDE 16 – BRAIN THINKS!**

So, I may not be able to SEE our brains or FEEL our brains, but - we can THINK and if our brain is supposed to help us to THINK and we can THINK – then we must have a brain!!!

Thank you all so much for helping me. Now, I KNOW that I have a brain and you have a brain. Neuroscientists study brains and now I (or my friend) – as a neuroscientist have something to study.

You all asked questions and helped me to figure this out – so you are all scientists too!!!

**♥SLIDE #16– CONCLUSION**

Thank you all for helping me today.

So, if anyone asks you “Do you really have a brain?”, then you can say YES!!!

YEAH!!! I am soooooo happy because I am a Neuroscientist and in order to be a Neuroscientist I have to be able to study brains. I really do have a brain and so do you!!!

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, if someone asks you if you really have a brain – even if you can't SEE it or FEEL it, you are using it all the time – because you are THINKING. **So, we really do have brains and that is good news for me because as a Neuroscientist – it is my job to study brains!!!**

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