



**Keeping Your Brain Healthy: It's SPECTacular (🧠 A Brain Health Story)  
(Pre-Kindergarten-4-5 yrs.)  
Worksheet: SPECTacular Means...**



**STORY CONNECTION-SLIDE 3 (Approx Time: 5-10 mins)**

I told you that a healthy brain is SPECTacular! But what does that mean? Spectacular – that is a BIG word too – it means GREAT!!! That means a healthy brain is GREAT!!! A healthy brain makes you a happy and healthy person. I picked the word – spectacular – because it helps me remember 4 things that help to make your brain healthy. Those 4 things start with an S – P – E and C. Let's look at what the S – P – E and C means when it comes to a healthy brain.

**Materials needed:**

- SPECTacular worksheet (1 per student- included below)

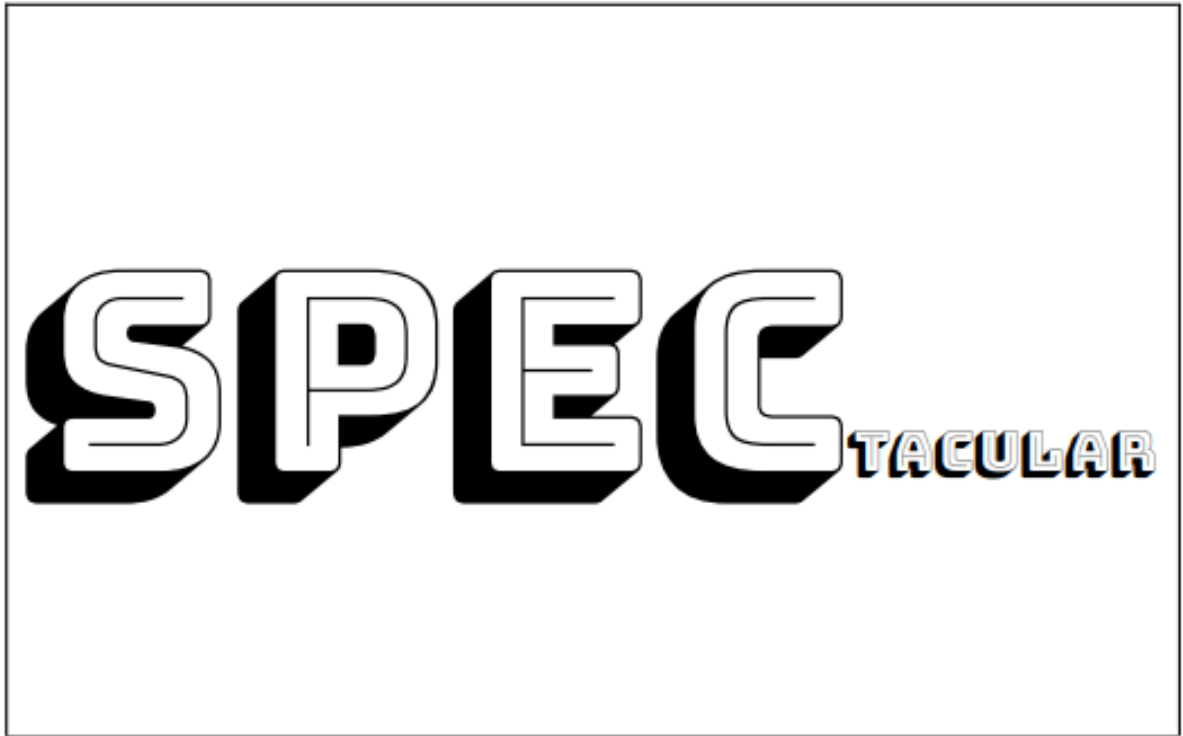
**Preparation needed:**

- Print worksheet

**Instructions:**

1. Have student(s) color each letter (S, P, E, and C) a different color as you review/teach the student(s) what each letter stands for (Social, Physical, Emotional, and Cognitive).  
*\*\*OPTIONAL: Encouraged to use with PowerPoint Story (after slide 4).\*\**
2. Also included are several words for the student(s) to trace that are synonymous with spectacular to help reinforce the meaning of the word.  
*\*\*NOTE: They might not remember what each word means at this stage, but they should remember the meaning of SPECTacular, which will help lay the foundation for future stories.\*\**

Name \_\_\_\_\_



GREAT

AMAZING

FABULOUS

FANTASTIC

WONDERFUL

AWESOME