



Keeping Your Brain Healthy: It's SPECTacular (🧠 A Brain Health Story)
(Pre-Kindergarten-4-5 yrs.)
Craft: Be a Friend, Have a Friend



STORY CONNECTION-SLIDE 5 (Approx Time: 15-20 mins)

This activity will focus on the S in SPECTacular. The 1st thing that helps your brain stay healthy is loving yourself and loving others. That is called being **social**. The word social starts with the letter **S**. "Being social" means first you need to love yourself and be nice to yourself. When you like yourself then it is easy to like other people – so you have friends. Liking yourself and others means that you are **social** and that is a SPECTacular way to help your brain stay healthy.

Materials needed:

- "Make a Face" Template (included below) or paper for student(s) to draw a self-portrait (1 per student)
- Crayons, markers, or colored pencils
- Sharpie or markers (adult use)

Preparation needed:

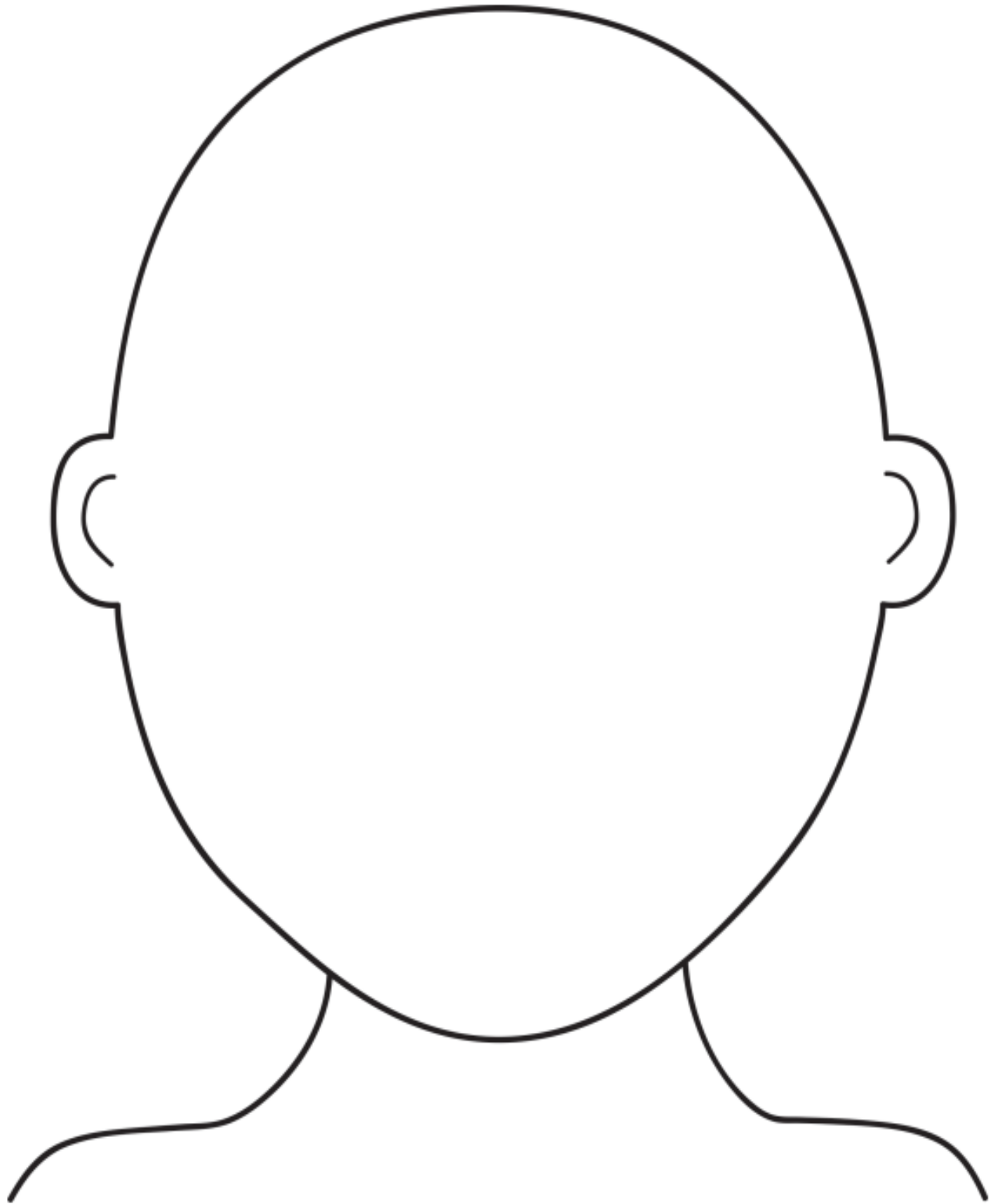
- Determine if you will use the template (included below) or blank paper
 - Print template if needed
- Draw a sample self-portrait to share with student(s)

Instructions:

1. The first part of this activity has student(s) making a self-portrait.
2. Provide each student with a "Make a Face" template or blank paper.
3. Ask the student(s) and allow student(s) to respond:
 - What is a portrait?
 - What is a self-portrait?
4. Share your self-portrait with student(s).
5. Tell student(s) it is their turn to draw themselves.
6. Have the student(s) draw a self-portrait (on template or blank paper). Make sure they color their self-portraits and write their names on the front.
7. Once all student(s) are finished with the self-portraits, collect them, and have all student(s) come together in a circle.
8. Hold up your self-portrait again. Tell the student(s) that now we want to think about things we love about ourselves and each other or ways we are good friends to one another. Share one thing you love about yourself to demonstrate with student(s) what they will do.
9. Tell them, they will also be sharing what they love about themselves or how they are a good friend.
10. Pull one student's self-portrait at a time.

****NOTE: You may want to ask for volunteers.****

11. Ask the artist one thing they love about themselves or what makes them a good friend.
12. Write their answer somewhere on the paper around the picture.
13. Next, ask the rest of the student(s) what they love about this person or what makes them a good friend and write those affirmations on the front of the paper around the picture.
14. Before moving on to the next student, read all the positive things said about that student.
15. Repeat with all other student(s) in the group.
16. Save the self-portraits and hang them around the room as a reminder that part of having a healthy brain is being social which means loving ourselves and others and having friends.



Make a face.