



Keeping Your Brain Healthy: It's SPEctacular (A Brain Health Story)
(Pre-Kindergarten-4-5 yrs.)
Demonstration: Using Your Mind's Eye



STORY CONNECTION-SLIDES 10-12 (Approx Time: 5-10 mins)

This activity will focus on the C in SPEctacular. The last thing that you can do to make your brain healthy is to think...and not just when you are in school. **Cognition** - that is the **C** – is a big word that means being able to think. Sometimes we see things with our eyes and sometimes we see things in our heads. Thinking – cognition – is a SPEctacular way to help your brain stay healthy. Your brain thinks all the time, that is something you do inside of your head.

Materials needed:

- none

Preparation needed:

- N/A

Instructions:

1. After going through slides 10-12 with the student(s), tell them they are going to practice using their mind's eye to better understand cognition. This is like the dinosaur activity in the story.
2. First, ask student(s) to tell you some things that they see in the classroom. Answers might include desk, chair, kid, clock, centers, rug, teacher, etc.
3. Ask them how they were able to tell you those items—they used their eyes to see them.
4. Next, ask student(s) to tell you what they see in their bedroom. You can use any room in a house or the school as long as it is not the classroom or area they are presently in. For a bedroom, answers might include bed, toys, bookshelf, shoes, clothes, stuffed animals, etc.
5. Ask them how they were able to tell you those items even though they are not in their bedroom right now—they used the picture they had in their heads to tell you.
6. Feel free to do another example of a place they can "see" in their heads if needed (cafeteria, library, kitchen at home, etc.).
7. In closing, talk about how sometimes we see things with our eyes and other times we see things in our heads. This is thinking, or cognition, and it helps us keep our brains healthy.