



Activities Summary
Keeping Your Brain Healthy: It's SPECTacular (A Brain Health Story)
(Pre-kindergarten-4-5 yrs.)



#1-Worksheet: SPECTacular Means...

- Students color the word "spectacular" and trace synonyms to reinforce the meaning.
- Approx Time: 5-10 mins
- Story Connection: Slide 4



#2-Craft: Be A Friend, Have A Friend

- Students create a self-portrait and then share attributes they love about themselves and others.
- Approx Time: mins
- Story Connection: Slide 5



#3-Physical Activity: Let's Get Physical

- Students move to various places to show their understanding of three aspects of Physical Health.
- Approx Time: 10-15 mins
- Story Connection: Slides 6-7



#4-Game: Guess the Emotion

- Students use facial clues to determine different emotions in others.
- Approx Time: 10-15 mins
- Story Connection: Slide 8
- Partner/Group Activity



#5-Demonstration: Using Your Mind's Eye

- Students practice "seeing" in their heads to better understand thinking and cognition.
- Approx Time: 5-10 mins
- Story Connection: Slides 10-12