

Making Neuroscience Fun



A Brain Awareness Program for All Ages  
It's SPECTacular!

**Story General Information**  
**Keeping Your Brain Healthy: It's SPECTacular! (🌈 A Brain Health Story)**  
**(Pre-Kindergarten – 4-5 yrs.)**

This story explains what a healthy brain is all about.

- 🌈 It is important to keep your brain healthy.
- 🌈 What is healthy? What is SPECTacular?
- 🌈 There are 4 things you can do to keep your brain healthy; loving yourself and others (social), making your body move – getting sleep – and eating (physical), understanding and taking care of your emotions (emotional), and thinking (cognitive).

The facilitator begins by introducing themselves, neuroscience, and the program, Brain Health: It's SPECTacular. Brain Health is about maintaining a happy, healthy brain to feel good. The beginning letters of SPECTacular (SPEC) each represent a component of Brain Health the children have learned about in previous lessons. This summative lesson focuses on reviewing each component (Social, Physical, Emotional, and Cognitive) and its importance to staying healthy and happy.

To gauge their comprehension of “healthy,” the children discuss “healthy” and “unhealthy” by responding to questions. Then, they define these words in very simple terms. They are introduced to the word “SPECTacular,” which is used throughout the program to remember the four components of a healthy brain: Social, Physical, Emotional, and Cognitive.

Each component of SPEC health is broken down into its simplest form. The children explore each part, as the facilitator guides them through discussion and activities. Maintaining a healthy brain means all areas of the brain are being taken care of. It is just as important to understand, identify, and control emotions, as it is to eat and sleep. It is easier for someone to build friendships with others when they love and care of themselves first. The brain is always thinking, which can be difficult for children to grasp since it is not concrete. The facilitator guides the children through a thinking exercise about dinosaurs to illustrate how their brain thinks.

The children reflect on the four components they have learned about. It is important to keep the brain healthy, so that it can do ALL the things it needs to do! If it is healthy, it's a SPECTacular brain!

**Student Objectives:**

- Students will define, identify, and decipher the difference between healthy and unhealthy.
- Students will define SPECTacular and make a connection to brain health.
- Students will explore and define the four different components of SPEC Health (social, physical, emotional, and cognitive).
- Students will discuss the importance of each component to foster and maintain a healthy brain.

