



## 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 a 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).

### 🌈 SLIDE #1 – INTRODUCTION

Good Morning (Afternoon) or (Hello)!

My name is \_\_\_\_\_ and I *(describe who you are and give your relation to neuroscience – ex. you are a Neuroscientist, you study neuroscience, you have a friend that is a neuroscientist or you have recently been learning a lot about neuroscience)*.

That's a really big word! But, a neuroscientist is a person who knows a lot about the brain.

I am here today to talk to you about how you can help make your brain healthy. We are going to talk about what it means to be healthy. It is REALLY easy to have a healthy brain and anyone can do it.

I love to talk about Brain Health because it's SPECTacular!!! SPECTacular means "GREAT!" When your brain is feeling SPECTacular, you are a happy and healthy person.

To spell SPECTacular you need...S – P – E – and C. *(show and point to the letters as you say them)*

To keep your brain healthy, you also need S – P – E – and C. *(show and point to the letters as you say them)*

Today we are going to be talking about the S – P – E and C that keeps our brain healthy.

So, let's see how you can keep your brain healthy.

### 🌈 SLIDE #2 – KEEPING YOUR BRAIN HEALTHY: IT'S SPECTacular

Because our brains are so important and help us with everything that we do, it is important to keep them healthy.

**QUESTION:** What are some things that you like to do? (After each response, say “Yup...your brain helps you do that – which is why your brain needs to be healthy”.)

Today we are going to talk about how you can keep your brain healthy – so that you can do all the things that you like to do. It is REALLY easy and anyone can do it.

### **SLIDE #3 – HEALTHY???**

First, you may be thinking...what does healthy mean?

Healthy means that you feel good.

So, if your brain is healthy that means your brain feels good – what is a word that means you don't feel good? (field some answers – if they don't come up with it – tell them it is “sick”)

Here are 2 cartoons of brains, one is healthy and one is sick. Raise your hand if you think this one is healthy (point to one of the brains).

The healthy brain can help you do all the things that you like to do – like (repeat some of their responses). If your brain is sick, you may not be able to do all of those things.

### **SLIDE #4 – SPECTacular???**

Now, I told you that a healthy brain is SPECTacular! But, what does that mean?

Spectacular – that is a BIG word too – it means GREAT!!! (like Tony the Tiger says)

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.

### **SLIDE #5 – SOCIAL**

The 1<sup>st</sup> 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.

**QUESTION:** What is one thing you like about 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.

### **SLIDE #6 – PHYSICAL**

The 2<sup>nd</sup> thing that helps your brain stay healthy is taking care of your body – that is the **physical**. That is the **P**.

Your body and your brain work together, so your brain has to be healthy to take care of your body.

### **SLIDE #7 – PHYSICAL**

There are 3 **physical** things that you can do to keep your body healthy.

The first physical thing you can do to keep your brain healthy is moving your body.

**QUESTION:** What are some of the things you like to do that moves your body? (Good answers)

All of these things (repeat some of their answers) are things that move your body and will help you make your brain healthy.

The 2<sup>nd</sup> physical thing you can do to keep your brain healthy is eating.

**QUESTION:** What are some of the things that you like to eat?

Eating is good for your body and your brain because it gives you energy to do all the things that you like to do.

The 3<sup>rd</sup> physical thing that you can do to keep your body healthy is to sleep.

When you sleep, your brain is very busy fixing your body and your brain is also storing energy so you can do all the things that you like to do.

Physical things that you can do to keep your brain healthy are moving your body, eating – to give your body energy and sleeping – because sleeping does a LOT to take care of your body.

Doing all of those things - moving your body, eating and sleeping - is a SPECTacular way to help your brain stay healthy.

## SLIDE #8 – EMOTION

The 3<sup>rd</sup> thing that helps your brain stay healthy is understanding about how you “feel” inside. The word for the things you feel inside is **emotion**. That is the **E**.

There are lots of emotions. Being happy, sad, angry, disgusted, afraid or surprised. These are all **emotions**.

That is a funny word...emotions...say it with me...emotions. Happiness is an emotion. Sadness is an emotion. Anger, fear, disgust and surprise are also emotions.

Understanding that we have emotions and how we control our emotions is very important to making our brain healthy.

**Question:** When you feel good about something are you HAPPY?

When you feel happy that makes your brain healthy. Your brain likes it when you are happy, in fact there is a special part of your brain that makes you feel happy.

**Question:** When do you feel sad? (If no answers, then say something you feel sad about.)

It is ok to feel sad. But remember, when you feel sad it is ok to talk to someone about this. That can help you feel better.

Understanding your emotions and learning how they make you behave is a SPECTacular way to help your brain stay healthy.

## SLIDE #9 – EMOTION

When you are happy your brain makes you smile; that way you can share that you are feeling happy with others.

Understanding that you have different emotions is what the E in SPECTacular is all about.

## SLIDE #10 – COGNITION

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.

Your brain thinks all the time, that is something you do inside of your head.

## SLIDE #11 – COGNITION

Cognition – thinking – is hard to understand – so let's try something.

Close your eyes and think of an elephant.

**QUESTION:** When I say think of an elephant...did you think of something like this? Or this? Or this? Or this?

## SLIDE #12 – COGNITION

We all know the brain likes to think. Thinking makes the brain happy and we all know that when the brain is happy the brain is healthy.

The big word that means thinking is Cognition and that is the “C” in SPECTacular.

Thinking – cognition – is a SPECTacular way to help your brain stay healthy.

## SLIDE #13 – BRAIN HEALTH

With a healthy brain you can do things by yourself – like get dressed, you can move, you have emotions and you can think.

With a healthy brain, you can do ANYTHING!

## SLIDE #14 – CONCLUSION

Thank you all for letting me talk to you about keeping our brains healthy.

I have enjoyed spending time with you today talking about the brain. I hope that you have had some fun and learned something about your brain.

REMEMBER, we can keep our brains healthy by being nice to ourselves and others, moving our bodies, eating and sleeping, trying to understanding our feelings and thinking a lot.

Keeping our brains healthy is VERY important. If our brain is healthy, then we can do ALL the things that we like to do. Helping your brain stay healthy is SPECTacular.

**THANK YOU SO MUCH FOR ALL OF YOUR HELP!!! Brain Health is not just SPECTacular...it is FUN!!!**