

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Story General Information I Have an Idea (🧠 A Cognitive Health Story) (PreK- 4-5 yrs.)

This story explains how the brain gets information from the senses and puts that information together – like a puzzle – to come up with thoughts and ideas.

- 🧠 Your 5 senses get information from the world and send that information to your brain.
- 🧠 Your brain takes all that information, which is like pieces of a puzzle, and puts it together. This is how ideas and thoughts are born.
- 🧠 Thoughts and ideas can (and should) change based on the information that the brain gets from the senses.

The facilitator begins by introducing themselves, neuroscience, and the program: Brain Health: It's SPECTacular. They break down the meaning of SPECTacular for the children and discuss the importance of keeping their brain healthy and happy. This lesson is the children's first introduction into Cognitive Health. The facilitator explains the **C** in SPECTacular represents Cognitive Health. In this story, children learn about keeping their brain healthy by thinking and learning more about how and why they think. Cognitive Health is an important part of a healthy and happy brain.

The brain's job is to keep someone alive. Thinking is one major behavior the brain does to achieve this goal. The facilitator walks the children through two different scenarios (petting a cat versus petting a lion) illustrating how the brain keeps someone alive by using previously learned and newly gathered information to make a good decision. The brain is always thinking.

To make decisions, the brain must gather information about the current outside environment. Senses collect information and send messages to the brain. The facilitator identifies the five senses and asks the children to name which body parts are used for each sense. Information from the senses is compared to pieces of a puzzle.

The facilitator begins to give clues describing an animal. The children are asked to piece together the clues to solve the puzzle. They eliminate other potential animals as more clues are provided. This activity shows the students the step-by-step process of thinking and generating an idea. It also illustrates how new or different information can change the idea.

The facilitator reviews and reiterates how using previous knowledge and information from our senses helps us make good decisions and bad decisions. Bad decisions could ultimately hurt someone. For everyone to stay safe, healthy, and alive, thinking about all pieces of the puzzle is important in helping make a good decision. When someone makes good decisions their brain is happy and healthy. That is SPECTacular!

Story Objectives:

- Students will explain the brain's job is to keep us alive.
- Students will identify thinking as one major behavior of the brain.
- Students will determine that thinking helps in making a good decision or bad decision.

- Students will describe how thinking uses information we already know or gather to create an idea.
- Students will identify the five senses and which body parts are used for each.
- Students will infer and identify an animal by hearing and seeing clues to illustrate the thinking process.
- Students will eliminate other animals based on clues provided.
- Students will determine that making good decisions keeps us healthy, safe, and alive.