



Story General Information

What is Physical Health All About? (🧠 A Physical Health Story) **(PreK - 4-5 yrs.)**

The brain's job is to take care of the body and the body helps the brain to do that. This story talks about how what someone eats and how much they sleep and move around helps them to keep their body and their brain healthy.

- 🧠 Being "physical" means you move your body. Any kind of moving around is good for your body and your brain.
- 🧠 You eat because food gives your body and your brain the energy they need to make us healthy.
- 🧠 You sleep because your body needs to rest, and your brain has lots of other things to do to make sure that we are healthy.

The facilitator begins by introducing themselves, neuroscience, and the program: Brain Health: It's SPECTacular. The facilitator breaks down the meaning of SPEC for the children and discusses how each letter represents an important part of keeping the brain healthy and happy. In this story, children learn more about keeping their brain healthy through Physical Health.

First, the facilitator defines "Physical Health" for the children. Then, they name different parts of the body that are visible (hands, legs, arms, etc.) and not visible (heart, stomach, and muscles). All of these parts work with the brain as a team. The body and brain communicate to function properly and enhance overall physical health. The facilitator leads the children through discussion to identify and describe three major components of Physical Health.

Movement keeps the body healthy. Muscles like to move. The children brainstorm different ways they can move (walking, running, playing games, etc.). The brain tells muscles when and how to move. It is important for bodies to move to stay healthy.

Bodies and brains cannot communicate or complete tasks without energy. The children identify how energy is received by the body; eating. Stomachs also communicate with the brain. It signals with hunger cues (growling and feeling empty). The brain tells the body how to move to get food.

With all the work the body and brain do during the day, they also need time to rest. Bodies rest and restore during sleep. The children share when they sleep and why they sleep. The facilitator discusses the importance of sleep for the brain. It allows the brain to still work and repair what is broken and prepare for the next day of movement and functions.

Finally, the children discuss and review the three things to help create good Physical Health. Throughout this lesson, they are exposed to the cause and effect relationship between the brain and the body. Understanding how the brain and body function together as a system helps in maintain good Physical Health.

Story Objectives:

- Students will define Physical Health.

- Students will identify three major components of Physical Health: eating, sleeping, and moving.
- Students will recognize that some body parts are visible and some are not; however, each part helps the body and brain stay healthy.
- Students will explain how the body and brain work together.
- Students will identify ways to move the body to stay healthy.
- Students will describe how eating provides the body and brain with energy.
- Students will explain how sleep contributes to overall Physical Health.
- Students will summarize how to maintain good Physical Health overall.