

## Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

### What is Physical Health All About? (🌈 A Physical Health Story) (PreK - 4-5 years old)

Your brain's job is to take care of your body and your body helps your brain to do that. This story talks about how what we eat and how much we sleep and move around help us to keep our body and our 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.

#### ♥SLIDE #1 - INTRODUCTION:

Good Morning (Afternoon)!

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).

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 to make your brain healthy – how to make it feel good. It is REALLY easy and anyone can do it.

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

This story is about Physical Health – which is the P in SPECTacular. Physical Health means you are keeping your brain healthy because you are taking care of your body.

Being "physical" means you move your body, you eat – to give your body energy and you sleep – because sleeping does a LOT to take care of your body.

When you take care of your body by moving it and giving it the energy and sleep that you need, that also makes your brain healthy.

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

#### ♥SLIDE 2 – WHAT IS PHYSICAL HEALTH ALL ABOUT?

Physical means something about the body. So Physical Health is all about things that help your body stay healthy.

### ♥SLIDE 3 – PARTS OF YOUR BODY

Your body is made of lots of different parts.

**Question:** What are some of the parts of your body on the outside?

That's right!!! Your body is made up of arms, hands, legs, feet, and your head.

These are all things that you can see with your eyes.

### ♥SLIDE #4 – PARTS OF YOUR BODY

Ok...we have talked about parts of the body that you can see with your eyes, but there are also some parts of your body that you cannot see.

**Question:** Can you name any parts that are on the inside of your body?

Yes!!! Inside your body is your stomach, heart, etc. And MUSCLES!

### ♥SLIDE #5 – MUSCLES

Your body has LOTS of muscles.

This is what you would look like if we took away your skin and hair.

You would be all MUSCLES!!!

You need your muscles to move your body around.

### ♥SLIDE 6 – MOVING YOUR BODY

Moving your body around must be important because you have so many muscles.

**Question:** What are some of the things that you do that move your body around?

Your body does a lot of moving! You can walk & run, you can swing, slide, dance, you can eat – there are so many things that you do to move your body.

### ♥SLIDE 7 – PARTS OF YOUR BODY

Another part of the body that you cannot see happens to be my favorite part of your body... it is your BRAIN.

Part of the reason why I LOVE the brain is because it helps your body do everything that you do.

### ♥SLIDE 8 – YOUR BODY AND YOUR BRAIN WORK TOGETHER

**QUESTION:** Did you know that it is your brain that helps your body to move?

Yup, you need your brain to help you move.

Let's see how that works.

If I tell you to raise your hand, your ears hear my words and tells your brain and it is your brain that tells your muscles in your arm to lift up arm.

## ♥SLIDE 9 – YOUR BRAIN AND YOUR BODY TALK

Your brain talks to every single part of your body AND your body talks to your brain.

Your body needs your brain to do everything. And your brain needs your body too.

When your brain and your body work together, they are both happy and healthy.

## ♥SLIDE #10 – PHYSICAL HEALTH

So, how can we make our body (and our brain) healthy?

There are 3 different things we can do move, eat and sleep.

## ♥SLIDE #11 – PHYSICAL HEALTH AND MOVING

Physical Health is about moving our body.

Our body is made of lots of muscles and muscles like to move. Remember, our brain tells our muscles when to move our body.

All you need to do is take a walk, run around, play a game of tag, or do some stretching. Anything that you do to move your body is going to help your Physical Health.

So, when you are moving around – both your body and your brain are happy and healthy.

## ♥SLIDE #12 – PHYSICAL HEALTH AND EATING

Physical Health is about eating. We eat to give our body the energy it needs to do the things you need to do.

**Question:** Do you know how our bodies get energy?

Exactly! We get energy by eating food.

Our brain helps our body get the food we need for energy when we are hungry.

**Question:** How do you know you are hungry?

That's right! Your tummy might make a sound, like a grumble. Or it feels empty.

Our body will tell our brain when we are hungry and then our brain will tell our muscles to move around to get the food that we need for energy.

Food gives our body and our brain the energy to help us to move around and do all the things that we like (and have to do).

So, food gives us the energy that we need to make our body (and our brain) healthy.

## ♥SLIDE #13 – PHYSICAL HEALTH AND SLEEPING

Physical Health is about sleeping.

We usually sleep at night. But, sometimes people take a nap and sleep during the day.

**Question:** Why do you sleep?

Yes, we sleep when we are tired.

Our body and our brain work a lot – moving, eating, playing, thinking, etc. – and we need time to rest.

When we sleep, that is when our body rests and it fixes all the things that get broken during the day.

But, did you know that when you are sleeping that your brain is still working???

Yup, your brain is always working.

**Question:** How many of you have ever had a dream when you are sleeping?

When you dream, your brain is working. But, even though your brain is still working while you sleep – it is doing things that help it work better during the day.

So, sleep helps your body (and your brain) to stay healthy.

#### ♥SLIDE #14 – PHYSICAL HEALTH

Physical Health is all about moving, eating, and sleeping to keep our body (and our brain) healthy.

If you do these 3 things – moving, eating, and sleeping – then you will have good Physical Health.

#### ♥SLIDE #15 – PHYSICAL HEALTH

It should not be hard for you to do this, because ALL animals move, eat, and sleep.

All animals need to move, eat and sleep so they can stay alive and be healthy.

#### ♥SLIDE # – CONCLUSION

Thank you all for letting me talk to you about Physical Health.

We now know that “Physical” means it has to do with our body.

We also know that our body and brain work together to help us do all the things we need and like to do.

When we move, eat, and sleep we keep our body and our brain healthy. So, our Physical Health is good!

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, Physical Health is all about keeping your body healthy and that helps your brain stay healthy.

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