

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Story General Information Me and You (🌈 A Social Health Story) (Pre-K- 4-5 yrs.)

Self-awareness, awareness of others, and empathy are important concepts necessary for the development of social behaviors. In this story, children learn that there are similarities and differences in what people see, think and feel.

- 🌈 Children at this age alter their perspective from one that is egocentric to understanding that others are important too.
- 🌈 Understanding that others can be similar and also different in the way that they look and think is important to understanding the motivation behind behaviors of themselves and others.
- 🌈 Being able to “see” from another’s perspective helps children to feel empathy for others.

The facilitator begins by introducing themselves, neuroscience, and the program: Brain Health: It’s SPECTacular. The facilitator breaks down the meaning of SPECTacular for the children and discusses the importance of keeping their brain healthy and happy. This lesson is their first introduction into Social Health (or the **S** of **SPECTacular**). The facilitator points out the **S** and how it represents Social Health. Good Social Health is loving and being kind to yourself and others.

The children imagine looking into a mirror and discuss who they would see: themselves. The facilitator also points out that people are different from animals because only very few animals recognize themselves in a mirror. The facilitator continues to place emphasis on the idea of “different,” Differences are positive and healthy.

The facilitator leads the children through a picture activity to identify physical similarities and differences in images of children. To extend the discussion, the facilitator asks the children questions about their likes and dislikes (flavors of ice cream, going down a slide, and big dogs). As they share answers, the facilitator reassures the children that differences are normal and healthy. Looking different or feeling different from a friend is perfectly okay.

The facilitator also encourages the children to ask questions and talk about differences. Understanding more about their family, friends, and the people around them is not only okay, but an important part of growing. Understanding the “why” behind someone’s feelings, thinking, or decision-making is a major step to being a more empathetic person. Empathy is a key component of Social Health and loving others. Loving and accepting others builds strong Social Health, contributing to a happy and healthy brain.

Story Objectives:

- Students will identify who they see when looking into a mirror.
- Students will recognize that people are different.

- Students will describe why having a friend is good for their Social Health.
- Students will look at images and describe how they the same and/or different.
- Students will answer questions to determine how they are like and different from others (classmates).
- Students will recognize that personal experiences play a role in our opinions, feelings, and attitudes.
- Students will determine that their experiences are different than others around them.
- Students will build a foundation for accepting and respecting the difference/perspective of others and feeling empathy.