



How Your Brain and Your Body Talk (🧠 A Brain Facts Story)
(3rd Grade – 8-9 yrs.)
Think, Pair, Share: Practice Makes Better



STORY CONNECTION – SLIDE 16 (Approx Time: 15-20 mins with follow-ups)

One of the interesting things about all the communication that goes on within the nervous system is the more “talking” that neurons do with each other or with the body, the stronger the connections become. This is important because it takes a lot of energy for the brain and body to talk to each other. If the connections between neurons and other neurons (or other parts of the body) become stronger, you do not need as many neurons joining in on the conversation. So, you need less neurons and less energy. This is what happens when you practice doing something and why you get better and better, and it seems easier to do.

Materials needed:

- List of activities (included below- optional)
- Daily Rating Scale (included below- optional)
- Paper
- Pencils

Preparation needed:

- Determine period of time for student(s) to practice
- Determine how student(s) will partner (for pairing part of activity). Facilitators will act as partner for individual students.
- Think of an example to share with student(s) as a model (What can you practice?)

Instructions:

1. In this activity, student(s) will choose an activity that they are not familiar with. They will then commit to practicing the activity each day and rating their improvement over time.
2. Explain to student(s) that they will be selecting an activity to practice over the next week (or any designated period of time) and rating themselves on how they improve daily.
3. Show the student(s) the list of activities and briefly discuss each one. Add any additional activities to the list that student(s) might want to improve at doing.
4. Give student(s) a few minutes to look over the list and have them circle or write down two or three activities that they think they would like to try.
5. After everyone has some activities circled or written down, have student(s) pair up and talk about what they selected. They are going to discuss the pros and cons of each activity with their partner. The goal is to narrow it down to one activity.
6. Some things to discuss might be:
 - Do they have the materials or supplies needed to do this activity?

- Do they have the time to dedicate to this activity?
 - Will it conflict with other activities?
 - Is there anyone who can help if needed?
 - Why do they want to do this activity?
 - What help might you need from your teacher or another adult?
7. Next, have a few student(s) share the activity they selected and tell in a sentence why they picked that activity.
 8. Have student(s) get with their partner again and share in a few sentences the plan they have for practicing this activity. Allow each person to share and then have a few student(s) share with the whole group.
 9. Tell student(s) that now that they have the activity they want to improve on each day, they are going to spend at least 10 minutes each day for the next week practicing that activity.
 10. At the end of each practice session, they are going to rate themselves on a scale from 0-10 how well they did compared to the day before. 0 means they cannot do it at all. 10 means they can do it perfectly.
 11. Tell them that there will be time to check on their progress throughout the week.
 12. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
 13. In closing, remind student(s) that since they are practicing, the neurons are talking to each other daily, and that the connections are getting stronger. In theory, they should be getting a little better at the activity each day. Also, remind them that while they might not be perfect at the activity after a week, they should see improvement every day. If they continue to practice, they should see that practice has made them better.

Activity Idea Credit: <https://classroom.kidshealth.org/classroom/3to5/body/systems/nervous.pdf>

Possible Activities

Learn addition, subtraction, multiplication, division facts to _____
Memorize a poem
Learn a new song
Learn a new dance
Memorize a part of a speech such as the "I Have a Dream" by Martin Luther King, Jr., or The Gettysburg Address by Abraham Lincoln
Memorize the Preamble to the Constitution
Learn how to juggle
Learn all 50 state capitals
Memorize all the countries of Africa, Asia, Europe, or South America
Learn to knit or crochet
Say the ABCs backwards
Count to 20 in a different language
Learn how to spell 20 new words
Learn a new sports move
Your own idea:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Rating							