

Brain Health: It's SPECtacular

## Activities Summary How Your Brain and Your Body Talk ( A Brain Facts Story) (3<sup>rd</sup> Grade – 8 - 9 yrs.)



- Students use their arms to learn about and draw the parts of a neuron.
- Approx Time: 5-10 mins
- Story Connection: Slides 5-9

## 🗣 #2-Drawing: One Step at a Time

- Students learn to draw a neuron step-by-step before labeling the parts and their functions.
- Approx Time:10-15 mins
- Story Connection: Slide 10



- Students watch and discuss the classic School House Rocks video on the nervous system.
- Approx Time: 10-15 mins
- Story Connection: Slide 11

## 🗣 #4-Physical Activity: Becoming Neurons

- Students become a chain of neurons to demonstrate how messages are passed throughout the body.
- Approx Time: 10-15 mins
- Story Connection: Slides 13-14
- Group Activity

## #5-Think, Pair, Share: Practice Makes Better

- Students select a new activity to work on and rate their improvement with daily practice.
- Approx Time: 15-20 mins with follow-ups
- Story Connection: Slide 16