



**Activities Summary**  
**A SPECTacular Way to Think Outside the Box (🧠 A Brain Health Story)**  
**(3<sup>rd</sup> Grade – 8-9 yrs.)**



**#1-Demonstration: We All Have Talents**

- Students discuss and share their talents with others.
- Approx Time: 15-20 mins (follow-ups optional)
- Story Connection: Slide 4



**#2-Think, Pair, Share: Thinking Outside the Box**

- Students use outside the box thinking to find interesting uses or everyday items.
- Approx Time: 25-30 mins
- Story Connection: Slide 5



**#3-Worksheet: Cause and Effect**

- Students find relevance in current events to see the impact on their own lives.
- Approx Time: 25-30 mins
- Story Connection: Slide 6-7



**#4-Video: The Importance of Sleep**

- Students watch and discuss a video on sleep to solidify the importance of a good night's sleep.
- Approx Time: 25-30 mins
- Story Connection: Slide 9-14



**#5-Game: Is It a Priority?**

- Students prioritize activities to earn points for their teams.
- Approx Time: 25-30 mins
- Story Connection: Slide 10
- Group Activity