

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Activities Summary

I Want it Now!!! (🌈 An Emotional Health Story)

(3rd Grade – 8-9 yrs.)



#1-Drawing: The Tip of the Iceberg

- Students draw and label an iceberg to help them understand emotions causing temper tantrums.
- Approx Time: 15-20 mins
- Story Connection: Slide 3



#2-Think, Pair, Share: Knowing Your Triggers

- Students analyze situations that trigger impulsive behaviors and discuss them with others.
- Approx Time: 20-25 mins
- Story Connection: Slide 11



#3-Game: Exaggerated Emotions

- Students match, draw, and write about various exaggerated emotions.
- Approx Time: 20-25 mins
- Story Connection: Slide 12



#4-Video: Choices and Consequences

- Students watch a video about choices and consequences and reflect upon their own choices.
- Approx Time: 20-25 mins
- Story Connection: Slide 13



#5-Demonstration: Regaining Control

- Students learn about strategies they can use to regain control of their emotions and impulsive behaviors.
- Approx Time: 15-20 mins
- Story Connection: Slide 15