

## Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

### It is a SPECTacular Jungle Out There (🌍 A Brain Health Story) (4<sup>th</sup> Grade – 9 - 10 yrs.) Games: Get Moving!



#### STORY CONNECTION – SLIDE 12 (Approx Time: Varies depending on Activities Chosen)

When it comes to other physical activities, like joining a soccer team or a dance class, these are usually physical activities that are not necessarily required – but, good to try. We all know that everyone has skills and talents. Trying different things is a good way to find your own. Plus, joining groups is also a good way to make friends. So, give soccer or dance a try – you might like it and you will be making your brain happy. Just make sure you are trying your best and that you are practicing and doing everything you can do be prepared. If you find that you still are not good, then again – be happy with your efforts and accomplishments. Then you can decide if you should continue or go on to find something else.... like volleyball or karate. That will make your brain healthy. Plus, be happy that your competitive physical challenge is not life or death like the tigers and the leopards.

#### Materials needed:

- Varies (see below)

#### Preparation needed:

- Determine which activities student(s) will participate in.
  - Each activity is listed below with name, materials needed, and directions.
- Determine when and where student(s) will complete the activities
  - These activities can be done over several days as there are a variety of activities to choose from.
- Determine and gather materials needed for each activity chosen.

#### Instructions:

1. This activity focuses on the physical aspect of Brain Health. In this activity, student(s) will participate in a variety of physical activities that are different from those they might be used to doing (soccer, basketball, tag, biking, etc.). By trying new and different activities, student(s) will be able to see if they like them, are good at them, can celebrate their accomplishments, etc.
2. Complete pre-determined activities based on your student(s) and timeframe.
3. After the pre-determined activities have been completed:
  - Take a vote to see what the student(s) liked best and least.  
Ask student(s) if they discovered they liked a physical activity that they did not know they liked before.
  - Are there any activities they might want to do again?

4. In closing, remind student(s) that it is not only important to do physical activities, but also to try new activities from time to time. Our interests and abilities change over time and by doing new things, we discover things that we enjoy. Doing new active things is good for our Physical Health and good Physical Health makes our brain SPECTacular!

Activity: **Follow the Leader**

Materials: none

Directions: Let student(s) take turns being the leader, directing the others to match their every move. Encourage them to get active by hopping, skipping, crawling, shuffling, and using their imaginations.

Activity: **Scavenger Hunt**

Materials: Clues/Objects to Hide

Directions: Hide things all over the playground or throughout the classroom and have student(s) race to find each clue. If you want to sneak even more exercise into this activity, include requirements with each clue, like "Do four cartwheels before moving on," or "Make up a funny dance." This activity is fun because it can be elaborate or brief.

Activity: **Maze**

Materials: Sidewalk chalk

Directions: Draw an elaborate, detailed maze all over the sidewalk, then let your student(s) run (or race) through it! This activity encourages fitness and creativity at the same time! This is also something student(s) can do independently during recess time or at home.

Activity: **Animal Walks**

Materials: none

Directions: Use your imagination to come up with several types of animal walks! Imitate bears walking or run fast like a cheetah. Waddle like a penguin or pretend to swim through the ocean like a dolphin.

Activity: **Nature Walk**

Materials: none

Directions: Who says walking must be boring? Pick a scenic trail, lace up your tennis shoes, and explore the outdoors! If you do not live in a mountainous area, go for a nature walk in a park, by a pond, or in the woods and investigate the landscape.

Activity: **Red Light, Green Light**

Materials: none

Directions: All student(s) line up facing the leader. When the leader yells "green light" all other student(s) run or walk toward the leader. When the leader yells "red light" all other student(s) must freeze. If they keep moving, they go back to the starting line. The first person to reach the leader is the new leader.

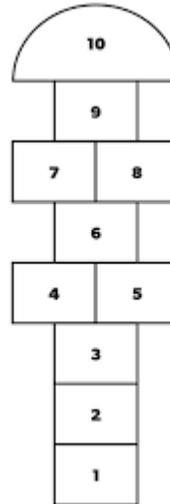
Activity: **Jump rope**

Materials: jump ropes

Directions: Give each student a jump rope and let them go! Click [here](#) for fun jump rope songs for the student(s) to sing while jumping.

**Activity: Hopscotch**

Materials: sidewalk chalk, small rocks or twigs for markers



Directions: Draw a traditional hopscotch grid like this:

- If you are playing inside use masking or painter's tape.
- Throw a small stone, twig, beanbag, or another marker into the first square. (If it lands on a line, or outside the square, you lose your turn. Pass the marker to the following player and wait for your next turn.)
- Hop on one foot into the first empty square, and then every subsequent empty square. Be sure to skip the one your marker is on.
- At the pairs (4-5 and 7-8), jump with both feet.
- At 10, hop with both feet, turn around, and head back toward the start.
- When you reach the marked square again, pick up the marker—still on one foot!—and complete the course.
- Click [here](#) for variations to add even more fun to this activity.

Activity Game Credit: <https://www.rasmussen.edu/degrees/education/blog/fun-fitness-activities-for-kids/>

<https://www.parents.com/fun/activities/hopscotch/>