



The Brain Changes All the Time (🧠 A Brain Facts Story)
(5th Grade – 10-11 yrs.)
Physical Activity: Move to the Change



STORY CONNECTION – SLIDE 3 (Approx Time: 15-20 min)

There are 2 ways that we can think about how the world changes. The first is the world that *you* know changes – or your physical environment changes. The second is that new innovations change the world. *Innovating* means making a change to something or creating something new. Technology is among the biggest changes that you will see in your lifetime. Technological changes let humans come up with new inventions to make our life easier and, hopefully, to make the world a better place.

Materials needed:

- Environmental and Innovative Changes Chart (included below)
- Paper
- Markers
- Tape

Preparation needed:

- Select and secure space for the activity
- Designate one side of the room as Environmental and a different part of the room as Innovative.
- Write Environmental and Innovative on pieces of paper and hang them in the designated areas.
- Print 1 copy of the Environmental and Innovative Changes Chart or have it readily available to read.

Instructions:

1. In this activity, student(s) will be presented with various changes. They will have to decide if it is an environmental change or an innovative change. They will move to various parts of the room based on their opinion.
2. Begin the activity by reviewing the terms environmental change and innovative change with the student(s).
****NOTE: Use the language from slide 3 if student(s) are having trouble verbalizing the difference.****
 - There are 2 ways that we can think about how the world changes. The first is the world that you know changes – or your physical environment changes. The second is that new innovations change the world. Innovating means making a change to something or creating something new. Technology is among the biggest changes that you will see in your lifetime. Technological changes let humans come up with new inventions to make our life easier and, hopefully, to make the world a better place.
3. Ask student(s) to name a few examples of each kind of change.
4. When they understand the difference, explain that they will be presented with additional changes. Some will be environmental, and others will be innovative. They will need to think which category it is then move to the side of the room with the label they think goes with the change. They need to make sure that they can explain or justify why they went to that area.

Note: If your student(s) would benefit from an example or demonstration, use one of their own examples or one from the chart below. Demonstrate how to think out loud and how to move to a designated area.

5. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
6. Have all student(s) start in the middle of the room or the “neutral” area.
7. Read the change and allow student(s) to move.
8. Once all the student(s) have moved:
 - Call on a student to explain why.
 - If student(s) move to both areas, call on one student from each area to explain.
 - As a group, decide/vote if the change is environmental or innovative.
 - Have them move back to the neutral zone.
9. Continue until all cards are read and discussed.
10. In closing, remind the student(s) that since the world is constantly changing both environmentally and innovatively, that means their brain is also constantly changing to adapt to the changes. These changes are different for everyone, but everyone must learn to adapt to **their** changes to keep their body and brain happy and healthy.

Environmental and Innovative Changes Chart

Environmental Changes	Innovative Changes
Switching bedrooms when a sibling is born.	Playing ping pong on your Oculus.
Having to move to a new city when a parent gets a new job.	Playing video games on a new Nintendo Switch.
Getting a new teacher because you moved up a grade.	Doing school research on a laptop or tablet rather than a book.
Going to a different playground for recess since you are a 5 th grader now.	Using an electric pencil sharpener to sharpen 100 pencils in 10 minutes.
Starting on a new team because you aged out of the other one.	Cooking breakfast for yourself in the microwave.
Going to middle school to start the next grade.	Getting to your friend's house in record time on your electric scooter.
Having to decide what birthday party to go to since your social circle is growing.	Reading about the Taylor Swift concert online as soon as it happens.
Spending more time at home alone since you are older now.	Being able to text, instant message, or call someone without getting a busy signal.