








Activities Summary
The Brain Changes All the Time (A Brain Facts Story)
(5th Grade – 10-11 yrs.)

-  **#1-Physical Activity: Move to the Change**
 - Students differentiate between environmental and innovative changes by moving to designated areas of the room.
 - Approx Time: 15-20 mins
 - Story Connection: Slide 3

-  **#2-Video: Neuroplasticity at Work**
 - Students watch a video on neuroplasticity and reflect on how it has helped them with challenges.
 - Approx Time: 15-20 mins
 - Story Connection: Slide 9

-  **#3-Think, Pair, Share: Change for the Better**
 - Students reflect on both good and bad changes that have occurred in their own brains.
 - Approx Time: 20-25 mins
 - Story Connection: Slides 11-12

-  **#4-Demonstration/Video: Connecting the Dots**
 - Students expand their knowledge of neurons and glial cells with videos and visual demonstrations.
 - Approx Time: 15-20 mins
 - Story Connection: Slides 14-15

-  **#5-Brainstorm: Surviving and Thriving**
 - Students learn the difference between surviving and thriving and reflect on their own situation to make sure they are not only surviving but also thriving.
 - Approx Time: 20-25 mins
 - Story Connection: Slide 17