








**Activities Summary**  
**Importance of SPECTacular Brain Health in Adolescence (🧠 A Brain Health Story)**  
**(5<sup>th</sup> Grade – 10-11 yrs.)**

-  **#1-Physical Activity: Times They are Changing**
  - Students reflect on the environmental, physical, and emotional changes they are experiencing.
  - Approx Time: 20-25 mins
  - Independent and Whole Group Activity
  - Story Connection: Slides 3-5
  
-  **#2-Craft: I am Spectacular!**
  - Students create a visual using positive adjectives to promote good self-esteem.
  - Approx Time: 45-60 mins
  - Story Connection: Slide 9
  
-  **#3-Think, Pair, Share: No Pain, No Gain**
  - Students watch a short video on growth spurts, calculate heights, and reflect on things they want to do when they are older and bigger.
  - Approx Time: 30-45 mins
  - Story Connection: Slides 14-15
  
-  **#4-Demonstration: Coping Skills are Life Skills**
  - Students will learn and practice several coping strategies they can use to help regulate their emotions in various situations.
  - Approx Time: 25-30 mins
  - Whole Group Activity
  - Story Connection: Slide 17
  
-  **#5-Would You Rather: Making Thoughtful Decisions**
  - Students stop, think about, and consider the pros and cons of various decisions they must make.
  - Approx Time: 25-30 mins
  - Story Connection: Slide 20