



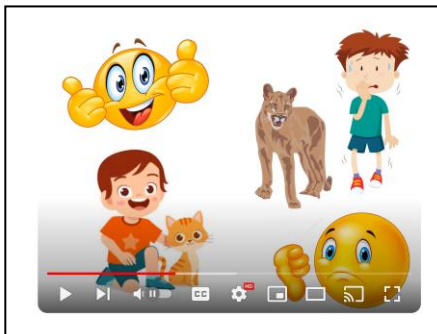
What to do TODAY Grade 1 (🧠 Cognitive Health Story)

This story helps children to understand that everyone is able to learn things about the world around them, but what one person “knows” may be different from what another person “knows”.

- We learn about the world that is around us and because people live in different places, people “see” and learn different things.
- What people are paying attention to plays a big role in learning, changing how we “see” the world and how we remember what we “see”.
- Understanding that different people “know” different things and being able to learn from each other is important to keeping our brain healthy.

🧠 Today we are going to learn about Cognitive Health – which is the C in SPECTacular. The word “cognitive” means thinking and we need to think and learn about the world around us so that we can live in the world. We are thinking and learning all the time and that makes us brains healthy.

Start the story video and stop at the end of this slide (about 6 minutes into story). Reiterate the information and ask some questions.



We learn about the world around us through our senses and by other people teaching us things.

Ok...where do you think you would most likely see a cat that is a mountain lion???

Raise your hand if you think you would see a cat that mountain lion in the city. Raise your hand if you think you would see a cat that is a mountain lion in the country. Of course...if you are seeing a mountain lion – you are probably in the country.

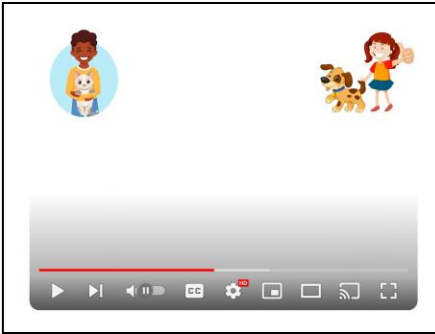
Now, which cat do you think it is ok to pet???. The cute little kitty cat you see in the city, or the mountain lion that you see in the country.

Raise your hand if you think it is ok to pet the cat in the city. Raise your hand if you think it is ok to pet the mountain lion that you see in the country. Of course...you can pet the cat, but NOT the mountain lion.

Now, how would you know that you can NOT pet a mountain lion? Did you learn about it with your senses – OR did someone tell you that mountain lions – even though they might look like cats – are wild animals that might hurt you if you try to pet it.

That's right...you learn about which type of cat that you can pet from other people.

- Continue the story video and at the end of the following slide, ask about being a cat person, dog person or both.

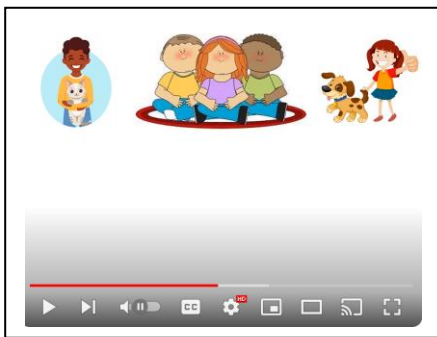


Ok...let's see if we have more cat people (people who likes cats more than dogs) or more dog people (people who like dogs more than cats) or both cat and dog people (people who like both the same).

Raise your hand if you are a cat person.
Raise your hand if you are a dog person.
Raise your hand if you are both a cat AND a dog person.

Comment on answers – asking why they think they are a cat, dog or both cat and dog person.

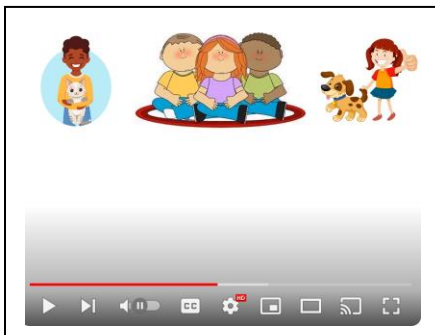
- Continue playing the video and stop with the question, “What can you tell me about the picture that just disappeared?”.



See what the students saw.

OK...let's continue playing the story and I want you to raise your hands when Dr. Gorman asks a question.

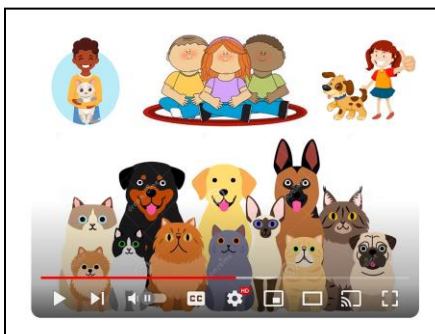
- Continue playing the video and stop the video to allow the the students raise time to raise their hands.



Here are the questions...

Who thinks there were more cats than dogs?
Who thinks there were more dogs than cats?
Who thinks the dogs were bigger?
Who thinks the dogs were smaller?
Who thinks the smallest animal in the picture was a cat?
Who thinks the smallest animal in the picture was a dog?

- Continue playing the video and stop to show the students the answers.

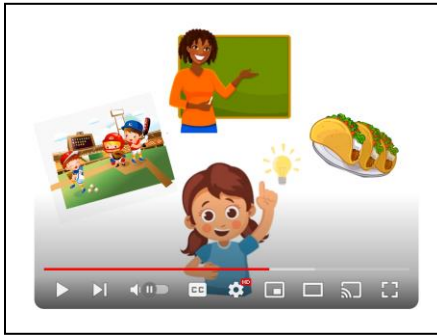


It turns out the tiniest animal in the picture is a dog – stop and point to the tiny dog in the front left. (See who got this right – are they a dog person?)

It turns out there are more cats - stop and count – 7 – only 5 dogs. (See who got this right – are they a cat person?)

It turns out the dogs are the bigger animals – except for the 1 tiny dog. (See who got this right – are they a dog person?)

- Continue playing the video and stop at the end of this slide and reiterate the information.



OK...so when you are interested in something, or it is important to you – you pay more attention to it.

When you pay more attention to something, then you learn more about it.

- Continue playing the video and stop at the end of this slide.



So, we know that if you are interested in something then learning is FUN AND EASY.

Ask the students, what are some of the things that you are interested in? Discuss answers (sports, playing games, eating, etc.)

OK, we also know that sometimes you have to learn things that you may not be interested in – so, to do this – you need to make whatever you need to learn FUN.

Here is an example of how you can make learning fun...

Let's say you do not like to practicing your spelling words each week. Here are lots of ways to make learning your spelling words fun. (Pick a few and discuss with the students.)

1. Make up a story with the words
2. Create a song or rap with the words
3. Make the words with magnetic letters
4. Use Play-Doh to make the words
5. Use Legos to make the words
6. Use different colored markers or crayons to make rainbow words
7. Write the words with sidewalk chalk
8. Make flash cards and quiz yourself

Do any of these sound like FUN? You need to find ways that YOU think are fun and then it will be fun to learn.

- End the presentation by reiterating the key points.

REMEMBER, we learn about the world by paying attention to information our senses tell our brain and by learning from what others know. We pay attention to things that we like and that we need. Paying attention helps us to learn about the world. When we learn, our brain changes and gets healthy.

Tell the students that they now know that to keep their brains healthy – they have to remember S-P-E-C.

S – for Social Health – learning what you can do makes you feel good about yourself and helps your brain.

P- for Physical Health – sleeping, eating and moving your body helps your brain.

E – for Emotional Health – doing things that make you happy helps your brain.

C – for Cognitive Health – learning about the world around you and how you can make learning fun helps your brain.