

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

What to do TODAY

2nd Grade (🌈 A Brain Health Story)

In this story, the children set out on a **SPECTacular** adventure to explore the “Brain Zoo.” By comparing the four major components of a healthy brain (Social, Physical, Emotional, & Cognitive) to exhibits in a zoo, they will develop a deeper understanding of their brains’ functions.

- 🌈 The different functions of your brain allow you to carry out your daily lives.
 - 🌈 Each SPEC component contributes equally to your overall brain health and a decrease in one area can affect your overall brain health.
 - 🌈 Each person (and animal) has a unique brain and can utilize the SPEC components in different ways to maintain a healthy brain.
- 🌈 For this presentation, you need to have the “A SPECTacular Trip to the Zoo” Story Video – fast forward to the Moody Arctic. You have 11 minutes of video and 2 Activities to do – so watch your time. You will need to load the video for NAME THAT EMOTION - https://www.youtube.com/watch?v=1ratM_IKI1M (2:22). You will also need paper for the students to keep score and write answers for games.
- 🌈 Before playing the story video, reiterate what was done during your last session.



You may remember that last week we were talking about SPEC Health by going through the BRAIN ZOO!!!

Your brain has different parts and a zoo has different parts where different animals live. The different parts of the Brain Zoo correspond to the “S”, “P”, “E”, and “C” in SPECTacular. And the name of the program we have been doing is Brain Health: It's SPECTacular.

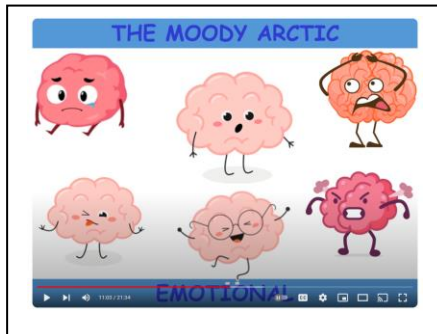
Last time, we talked about the “S” in SPECTacular. Ask...Does anyone remember what the “S” stands for? (If no answers, remind the students that **Social Health** is all about liking yourself and being kind to yourself and liking and being kind to others – having and being a good friend. Liking yourself and others makes the **social** parts of your brain healthy.)

We learned that **birds** are VERY social animals that live in the **Friendship Rainforest**.

Last time we also talked about the “P” in SPECTacular. Ask...Does anyone remember what the “P” stands for? (If no answers, remind the students that **Physical Health** is about moving your body (eating and sleeping too) and that when you move your body that makes the **physical** parts of your brain healthy.)

We learned that **cheetahs** are VERY physical animals because they can run about 80 mph and so they live in the **Movement Safari** part of the Brain Zoo.

🎨 Start playing the video and after the following slide and reiterate the concepts.



Ok...the **Moody Arctic** has to do with the “E” in SPEcTacular, which is all about our **Emotional Health**.

We all know that understanding that the emotions that we feel can affect our behaviors...when we feel happy we can handle anything – and even bad things do not feel so bad. But, when we are angry or sad, problems that we face seem like they are the “end of the world”.

Let’s see if you can figure out what emotions are caused by different situations...let’s play the game show **Name That Emotion**.

🎨 Explain the game show. Load the video for NAME THAT EMOTION - https://www.youtube.com/watch?v=1ratM_IK11M (2:22).

Tell the students they are going to be part of a game show called Name That Emotion.

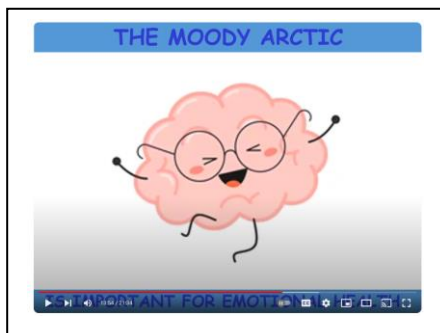
- In each **round**, they will hear a scenario and they have to decide how **they or someone else might feel** in that scenario.
- Then they will raise their hands when the “feeling” is said. The correct answer will be one of the **4 basic emotions – happy, sad, mad or excited**.
- If the student answers correctly, they get a one point.
- Students will keep track of their scores.

1. Start the video. Stop the video after the question “How does * feel?”.
2. Ask the students to raise their hand if * feels happy, raise their hand if * feels sad, raise their hand if * feels mad, raise their hand if * feels excited.
3. Play the video to hear the correct answer. If the student got the answer correct, they should write down 1 point.
4. Repeat 1-3 for each of the 4 rounds.
5. At the end, have the students add up their points. See who wins (can be multiples).

Remind the students that being able to identify and understand our emotions will help make the emotional part of our brains healthy.

Visiting the Moody Arctic part of the Brain Zoo to understand our own feelings can help us build closer friendships and will allow us to have control over how we are feeling. And, most importantly, understanding our feelings will be good for our Emotional Health.

🎨 Go back to the story video and continue the video to the end of Moody Arctic slides.



We all feel different emotions at different times. Even **polar bears and penguins** express their emotions, which is why they are in the Moody Arctic part of the Brain Zoo.

UNDERSTANDING how we feel is important because our emotions can change the way we behave.

If we understand our emotions, and realize it is ok NOT to be happy all the time, then we can control how we behave when we are feeling different things. This is good of the **emotional** parts of our brain.

- Continue the video and stop at the following part of the slide on the Thinking Jungle.



So, our brains are thinking and changing ALL the time.

Thinking helps us to learn about world that we live in, BUT thinking can also be fun...

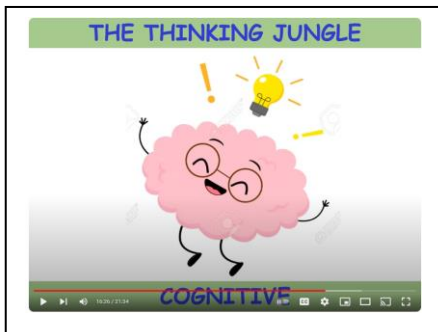
Let's play a game called **Brain Teasers**.

- For this game, divide the class into groups (however many you want). You will need ~ 8 minutes to finish the Story Video and close the presentation.)

- Tell the students that you are going to read a **brain teaser**.
- The students will have a few minutes to figure out the answer and write it down.
- Then you will read the **brain teaser** again and each group will be given a chance to tell their answer. They will get 1 point for a correct answer.
- Do as many of these as time permits and then see which group(s) wins.

By **thinking** about the answers to these BRAIN TEASERS, we are helping the cognitive (or thinking) parts of our brain to be healthy.

- Continue the video and at the following part of the Thinking Brain slides.



Remind the students that when they are at school, doing puzzles, or reading they are thinking.

Without the **Thinking Jungle**, we would have a lot of trouble solving problems, remembering things, and learning about our environment.

Thinking about the world around us will help us all have healthy brains and good Cognitive Health.

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



REMEMBER, your brain is like a zoo. It has different parts that help you do different things.

In the **Friendship Rainforest** we learned how making friends can help us build a social support system that will prevent us from feeling alone and that friends can help us during hard times – good for **Social Health** - the “S” in SPECTacular.

In the **Movement Safari** we learned about how physical activity not only makes our muscles stronger, but it makes our brains stronger too – good for **Physical Health** - the “P” in SPECTacular.

In the **Moody Arctic** we learned that understanding our own feelings can help us understand other people’s feelings too – good for **Emotional Health** - the “E” in SPECTacular.

In the **Thinking Jungle** we learned that when we think and learn something new, our brains change – good for our **Cognitive Health** - the “C” in SPECTacular.

So, understanding that the brain is like a zoo, with different parts that do different things AND you do things to take care of the SOCIAL, PHYSICAL, EMOTIONAL, and COGNITIVE parts of your brain – or the SPEC parts – then you will have a happy and healthy brain.

And remember, keeping our brains healthy is not just SPECTacular...it is FUN too!!!

BRAIN TEASERS

Round 1 Easy

Round 2 More Challenging

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?	1. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
2. A clerk at a butcher shop stands five feet ten inches tall and wears size 13 sneakers. What does he weigh?	2. A sundial has the fewest moving parts of any timepiece. Which has the most?
3. Before Mt. Everest was discovered, what was the highest mountain in the world?	3. What is unusual about the following words: revive, banana, grammar, voodoo, assess, potato, dresser, uneven?
4. How much dirt is there in a hole that measures two feet by three feet by four feet?	4. What makes this number unique -- 8,549,176,320?
5. What word in the English language is always spelled incorrectly?	5. Put a coin into an empty bottle and insert a cork into the neck. How can you remove the coin without removing the cork or breaking the bottle?
6. Billie was born on December 28th, yet her birthday always falls in the summer. How is this possible?	6. Two boxers are in a match scheduled for 12 rounds. (Pure boxing only - no kicking, UFC takedowns, or anything else). One of the boxers gets knocked out after only six rounds, yet no man throws a punch. How is this possible?
7. In British Columbia you cannot take a picture of a man with a wooden leg. Why not?	7. In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How can this be?
8. If you were running a race and you passed the person in 2nd place, what place would you be in now?	8. A man takes his car to a hotel. Upon reaching the hotel, he is immediately declared bankrupt. Why?
9. Which is correct to say, "The yolk of the egg is white" or "The yolk of the egg are white?"	9. What do these words have in common: polish, job, herb?
10. A farmer has five haystacks in one field and four haystacks in another. How many haystacks would he have if he combined them all in one field?	10. You're standing in a hallway with three light switches on the wall, each of which turns on a different lamp inside a closed room. You can't see inside the room, and you can't open the door except to enter the room. You can enter the room only once, and when you do, all the lamps must be turned off. How can you tell which switch turns on which lamp?

Round 1 Answers:

1. Johnny.
2. Meat.
3. Mt. Everest. It just wasn't discovered yet.
4. There is no dirt in a hole.
5. Incorrectly (except when it is spelled incorrecktly).
6. Billie lives in the southern hemisphere.
7. You can't take a picture with a wooden leg. You need a camera (or iPad or cell phone) to take a picture.
8. You would be in 2nd place. You passed the person in second place, not first.
9. Neither. Egg yolks are yellow.
10. One. If he combines all his haystacks, they all become one big stack.

Round 2 Answers:

1. The river was frozen.
2. An hourglass, with thousands of grains of sand.
3. Take the first letter of each word and place it at the end. It will spell the same word backwards.
4. It contains each number, zero through nine, in alphabetical order.
5. Push the cork down into the bottle. Then shake the coin out.
6. Both boxers are female.
7. The person was born in 2005 B.C.
8. The man is playing Monopoly. He lands on a property with a hotel and doesn't have enough money to pay the rent.
9. All three words are pronounced differently when the first letter is capitalized.
10. Turn on the right switch and leave it on for two minutes. After two minutes, turn on the middle switch and leave it on for one minute. When that minute is up, turn off both switches and enter the room. One light bulb will be hot (1st switch), and one will be warm (2nd switch). The cold bulb will correspond to the switch you didn't turn on.

Brain Teasers Credit: <https://www.forbes.com/sites/work-in-progress/2012/05/15/10-brainteasers-to-test-your-mental-sharpness/?sh=28c70460336d>

Brain Teasers Credit: <https://www.forbes.com/sites/work-in-progress/2012/11/06/10-brainteasers-to-stretch-your-brain/?sh=42cff1841ded>