

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

What to do TODAY

Kindergarten (🌈 A Brain Health Story)

This story explains the function of the brain and describes how and why it is important to have a healthy brain.

- Your brain is important because it helps you do EVERYTHING that you do – so we have to keep our brain healthy.
- There are 4 things you can do to keep your brain healthy; doing something by yourself (social), making your body move (physical), being happy (emotional), and thinking (cognitive).
- If your brain is healthy, you can do anything.

🌈 Start the playing the Story video and stop after the Intro Slide



So today, we will be talking about the S-P-E-C and how that will help us to keep our brains healthy.

Because you have been listening to the stories we have been telling you – you already know a lot about the brain.

Do you remember what the BIG word is that means a person who knows a lot about the brain? That's RIGHT!!! A **neuroscientist** and because you know a lot about the brain, you are on your way to becoming a neuroscientists too!!!

🌈 Continue the video and stop when the question is asked about “What are some of the things you do?”. Reiterate the key points and ask the students the question.

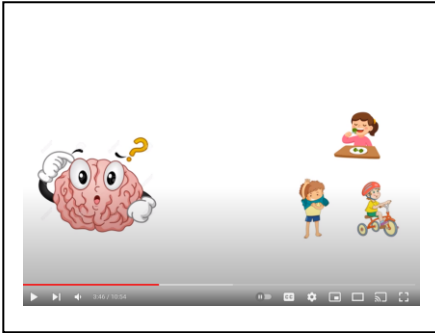


So, why do we need to keep our brain healthy – well because your brain helps you to do EVERYTHING that you do!!!

Ask the students...What are some of the things you do? (After everything they say...say “Yup...your brain helps you do that!”)

If your brain was not healthy, you could not do any of things that you do – like...list off some of their answers.

- Continue playing the video and stop the video and have the children raise their hands for each of the behaviors discussed.

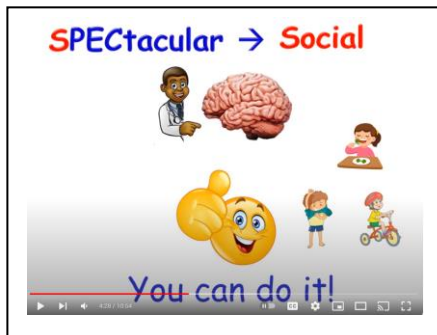


Raise your hand if you can eat by yourself.

Raise your hand if you can get dressed by yourself.

Raise your hand if you can ride a bike by yourself.

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

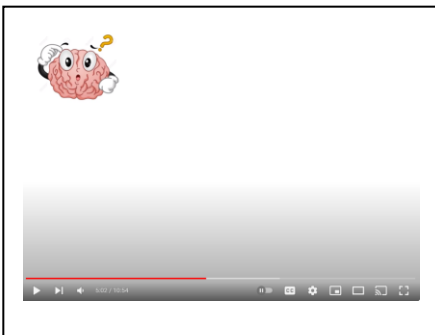


So, the **S** in SPECTacular stands for Social Health.

When we do things – especially things that we could not do before – that makes us feel good about ourselves and THAT makes our brain healthy.

Who knew that just doing things by yourself like eating, getting dressed, helping to clean your room AND even riding a bike could make our brains healthy!!!

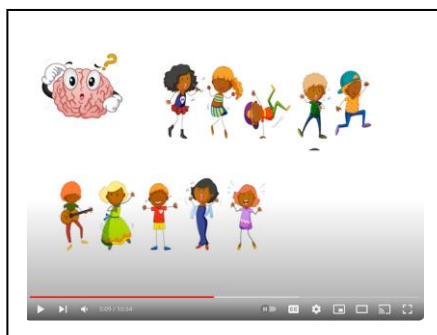
- Continue playing the video and stop the video at the question, “What kinds of things do you do to move your body?”.



Moving our bodies around helps keep our brain healthy – that is the **P** in SPECTacular and that stands for Physical Health.

Ask the students... What kinds of things do you do to move your body? Comment on the answers – telling the students that by doing the movement they say that will keep their brain healthy.

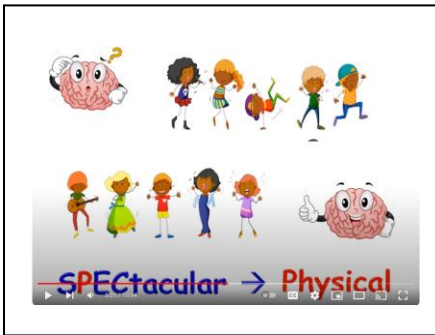
- Continue the video and stop to get the students up dancing around.



Say...OK, let's all stand up and dance around. (You and the students can “dance” around. After a few minutes of chaotic dancing – have the students sit back down.)

Ok...just by moving around and dancing – we have all made our brains healthier.

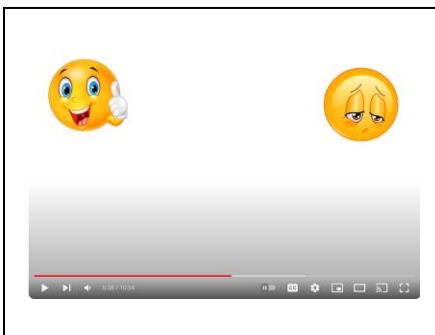
Continue playing the video and stop at the end.



So, moving our bodies around is one way that we can keep our brain healthy.

We can remember that because we are being Physical – which is the **P** in SPECTacular.

Continue playing the video and stop after the question, “When you feel good about something do you feel happy or sad?”.

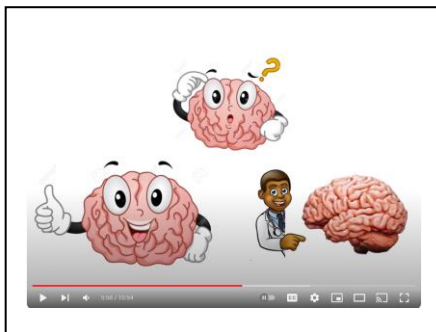


Raise your hand if you feel happy when you feel good about something.

Raise your hand if you feel sad when you feel good about something.

Knowing HOW you feel is important for keeping your brain healthy because you understand your **emotions** – those feeling that you have inside.

Continue playing the video and then stop with the question, “What are some of the things that make you happy?”.



Ask the students... What are some things that make you happy? Comment favorably on their answers. You can also tell the students what makes you happy.

Also discuss how different things can make different people happy.

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



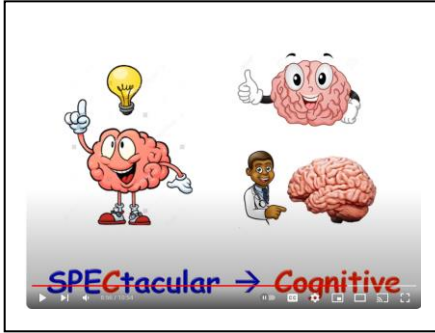
So, when you happy your face smiles, your eyes get all twinkly, and your cheeks get all puffy.

Tell the students...I want everybody to smile. Now look at each other. We can share how we are feeling inside with others with our faces.

The feeling that we feel inside when we are happy is an **emotion** and that is the **E** SPECTacular.

When we understand our emotions and share them with others our Emotional Health is good AND THAT makes our brain healthy.

🌈 Continue the video and then stop at the end of the following slide.



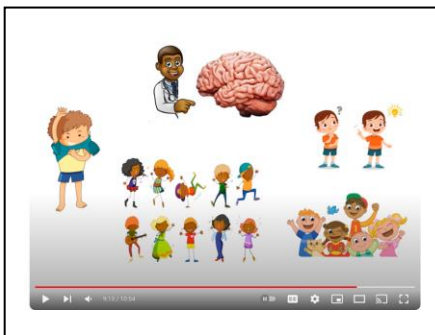
Ask the students...What was the BIG word that means thinking?

That's RIGHT!!! Cognitive means thinking and that is what the **C** in SPEctacular stands for Cognitive Health.

Your brain likes to think – and that is something that you do ALL the time.

When you think about things – that makes your brain happy and HEALTHY.

🌈 Continue the video and then stop at the end of the following slide.



So, now we know that we can keep our brain healthy with...

An **S** – for Social Health – when we can do things by ourselves.

A **P** - for Physical Health – when we move our bodies.

An **E** – for Emotional Health – when we feel emotions and we share it with our faces.

A **C** – for Cognitive Health – when we are thinking.

🌈 Continue to an Activity which will allow the students to determine if a behavior will be an S, P, E, or C in SPEctacular which helps to keep our brains healthy. (Save about 5 minutes to end the presentation.)

For each behavior, have the students raise their hands for what letter (S-P-E-C) they think the behavior is...**S** is a **social** behavior, **P** is a **physical** behavior, **E** is an **emotional** behavior, and **C** is a **cognitive** behavior.

Tell the students you will say a behavior and then tell them you will say...

If you think this is a social behavior (S), then raise your hand.

If you think this is a physical behavior (P), then raise your hand.

If you think this is an emotional behavior (E), then raise your hand.


If you think this is a cognitive behavior (C), then raise your hand.

Here is the list of behaviors you can use – or you can add your own...

- Playing soccer – P
- Drawing a picture – S
- Learning math – C
- Crying – E
- Running – P
- Eating spaghetti - S
- Hiking – P
- Reading – C
- Talking to someone about how you feel in side – E
- Making a puzzle – C
- Tying your shoes – S

Comment on each of these – there are going to be obvious answers (listed), but some behaviors could be multiple S-P-E-C. Discuss this as well.

At the end, say to the students...there are SO many ways that we can keep our brains healthy when we know about the S-P-E-C of SPEctacular!!!

 Finish the video and end the presentation.

Tell the students that you had fun talking with them and telling them the stories about how to keep their brains healthy.

Reiterate that keeping your brain healthy is easy if you remember that the S-P-E-C in SPEctacular – is for Social, Physical, Emotional and Cognitive Health!!!

Be sure to thank them for listening and being such a GREAT audience!!!