

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

What to do TODAY

Kindergarten (🌈 A Cognitive Health Story)

This story describes how even though we all have a brain different brains work differently. This makes for a diverse world, where everyone has strengths and weaknesses.

- Your brain helps you to do things. Just like people's bodies are different, people's brains are different as well.
- There are some things that you will be good at without even trying, and there will be some things that you have to work harder to do. Everyone has strengths and weaknesses.
- We know that everybody has talents. Finding what kinds of things that you are good at doing and that you really like to do and then doing them is the secret to a healthy brain.

🌈 Start the playing the Story video and stop after the title slide.



Today, we are going to be talking about Cognitive Health – which means that we are using our brain to THINK about things that we like to do and that we are good at doing – these are called TALENTS.

And, the good thing to know about TALENTS is that no matter who you are – EVERYONE has talents.

🌈 Continue playing the video and during the following slide – stop after each talent is described and students are asked to “raise their hands” if they have these talents. Go through – sports, musical instruments, creative things.



Raise your hand if you good at playing sports. Comment of the number of hands that are raised and ask the students **which sports they play**.

Raise your hand if you good at playing a musical instrument. Comment of the number of hands that are raised and ask the students **which instrument they play**.

Raise your hand if you good at creative things. Comment of the number of hands that are raised and ask the students **which creative things they do**.

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



Reiterate that talents are like gifts that we have that we can share with others.

We have our talents because of body and our brains.

Using our talents and sharing them with others will help our brains stay healthy.

Continue the video and stop at the end of the following slide showing our talents (or gifts) growing.



Reiterate... Usually talents are things that we like to do. Because we like to do it, we do it a LOT and we get really GOOD at doing it.

Doing something a LOT is called PRACTICING.

When we practice doing things, we get better at doing it, and we like to do it even more.

Continue playing the video and stop at the question, "How many of you could ride a bike the **first** time you tried it?"

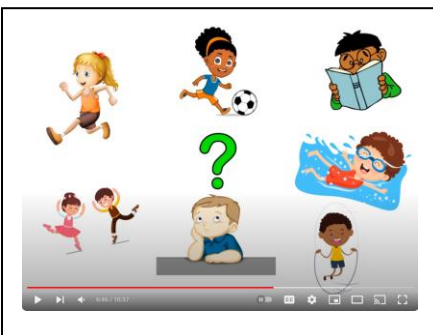


Ask the students to raise their hands if they could ride a bike all by themselves the first time they tried it.

Discuss that not many people can ride a bike the first time they try it – because people have to learn a lot about balancing, pedaling, steering, and stopping to be able to ride a bike all by themselves.

So...learning and practicing are needed.

Continue playing the video and stop after the following slide.



So, how do you know what your talents are?

One way to find your talents is try different things. If you like doing something, then that could be your talent.

Remember, you do not have to be really good at doing something the first time you try it. There are some things, like playing a sport, or a playing a musical instrument, or riding a bike that you learn about and practice to get good at it.

But, remember too – that if you LIKE doing something, then you will want to do it – so you will learn and practice doing it. Discovering your talents can be LOTS of fun.

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



Discuss with the students that when they find something that they like to do, but they are not really good at doing it – then they may just need practice.

When you practice doing something that is hard for you to do and you get good at – then you will LIKE doing it. So, this thing that was really hard at first – may turn out to be one of your talents!!!

- At this point, ask the students to think about something that was hard for them to do at first, but after they practiced doing it – they got REALLY GOOD at doing it.

Tell the students something you were not good at when you first tried it – but, now you are REALLY good at and you LOVE doing it.

Examples...

- sports (I was told I throw like a girl when I started to play softball – but, I practiced and ended up being a pitcher for my high school team.)
- science (I did not like studying the brain in high school, because I could not “see” what the brain was made of – so I didn’t understand how it worked. When I continued learning about it and all the things the brain was made of – I LOVED it – and I became a neuroscientist.)

See if any of the students want to share their examples.

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



Discuss with the students how sharing their talents with other people will help make them happy and will make others happy.


Explain that this will also make their brains healthy.

- Now, tell the students that you will be playing a game to help them share what their talents are – the game is called **Talent Charades**. You will need about 5 minutes to conclude the presentation after the game.


- Explain that Charades – which they played before - is game where someone tries to make you guess what they are doing – without you talking.

Say...let’s say that my talent is **playing**. So, I would pretend to be playing tennis and then you all would try to guess what I was doing.

So, I would do something like this...(pretend you are throwing up a ball and then hitting it with a pretend racket). I would keep doing this until you guessed my talent.

 Continue explaining the game and repeat the following steps. Remember you need 5 minutes to end the presentation. Be sure to be enthusiastic and praise them on their talents.

1. Tell the students that they are going to raise their hand if they want to try doing a Talent Charade.
2. When it is their turn, they will come up to the front of the class and then do a charade about their talent. (If they are having trouble, then have them whisper in your ear what their talent is and then give them ideas on what to do.)
3. Tell them the rest of the students will try to guess their talent.
4. After you guess their talent, ask them some questions about their talent....
 - How long have they known that they had a talent for (insert talent here)?
 - How do they feel when they are (insert talent here)?
 - Where you always good at (insert talent here)?
 - Do you use your talent for (insert talent here) a lot?
 - Etc.

 Continue playing the Story video to the end.

Tell the students that you had fun talking with them today and learning about all of their WONDERFUL TALENTS. Ask them if they had fun learning about talents and what kinds of talents their friends had.

Reiterate the facts of the story....

- Your brain helps you to do things. Just like people's bodies are different, people's brains are different as well.
- There are some things that you will be good at without even trying, and there will be some things that you have to work harder to do. Everyone has strengths and weaknesses.
- We know that everybody has talents. Finding what kinds of things that you are good at doing and that you really like to do and then doing them is the secret to a healthy brain.

REMEMBER, everyone has talents and you just need to find yours. Also, remember that not everyone has the same talents, so sharing your talents is a nice thing to do. Sharing your talents also helps your brain stay healthy and that is SPECTacular.

Be sure to thank them for listening and the Brain Health Team of JHU students will see them soon.