

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

What to do TODAY Pre-Kindergarten (🌈 A Brain Health Story)

🌈 Keeping Your Brain Healthy: It's SPECTacular – A Brain Health Story – Summary & Main Points

This story explains what a healthy brain is all about.

- It is important to keep your brain healthy.
- What is a healthy? What is SPECTacular?
- There are 4 things you can do to keep your brain healthy; loving yourself and others (social), making your body move – getting sleep – and eating (physical), understanding and taking care of your emotions (emotional), and thinking (cognitive).

- 🌈 Begin the Story Video and stop after the title Intro slide. Reiterate the concepts of the program by asking the students some questions.



Say...the stories that we have been talking to you about are part of the Making Neuroscience Fun program.

And...**neuroscientists** study a part of your body...Hmmm...do neuroscientists study your hands??? (Look at your hands)
Raise your hands if you think a neuroscientist studies your hands.

Remember, be demonstrative and get the students involved.

Continue with other body parts – (arms, feet, legs and then do something in your head – your brain)

Ok...so a neuroscientist does not study your ***, does a neuroscientist study your ***???

Ok...so Making Neuroscience Fun means we are making learning about our **brains** fun. So, far – are we having FUN???? YAY!!! We are Making Neuroscience Fun!!!


- 🌈 Continue the video – stopping during the title slide with each question...how many of you like to ***? Tell the students to raise their hands if they like to ****.




At the end of the slide stop it and reiterate.

Today's story – Keeping Your Brain Healthy – is about keeping our brain healthy because our brain helps us to do EVERYTHING we do.

Let's see...What are some other things you like to do? After each response, say "Yup...your brain helps you do that – which is why your brain needs to be healthy".)


 This is a very interactive story – with lots of questions and things to talk about with the students. Be sure to be enthusiastic and engage the students.

 Continue the video and stop at the question, "What is a word that means you don't feel good?"



Ask the students the question, "What is a word that means you don't feel good?"


That's right...if the brain is not healthy – it does not feel good – and the brain is SICK.

 Continue the video and stop at question, "Do you think you can tell the difference between what the healthy brain looks like and what the sick brain looks like?"



Here are 2 cartoons of brains, one is healthy and one is sick. Raise your hand if you think this one is healthy (point to one of the brains).

The healthy brain can help you do all the things that you like to do – like (repeat some of their responses). If your brain is sick, you may not be able to do all of those things.


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

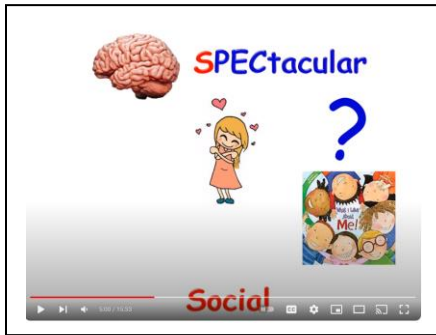


Reiterate...so keeping our brain healthy is SPECTacular and we know that SPECTacular means what??? That is right...SPECTacular means GREAT.

The word SPECTacular can also help to remind you HOW to keep your brain healthy.

The word SPECTacular starts with the letters...S...P...E...C. (point to the letters). AND...keeping our brain healthy starts with S...P...E...C. Let's see what that means.

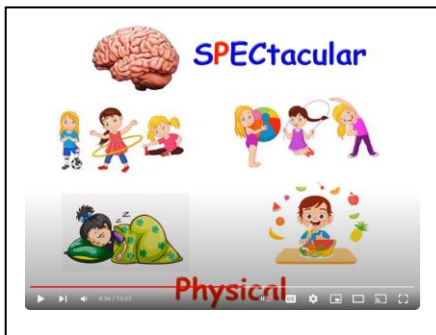
 Continue the video and stop and point out the letter S in SPECTacular and in Social. Continue the video and stop for the question, "What is one thing that you LIKE about yourself?"



So, helping our brain stay healthy starts with an S – which stands for Social health. To keep your brain healthy, you need to like yourself.

Ask the students...What is one thing that you LIKE about yourself? Be encouraging and supportive and try to get the students to understand that it is OK to like things about themselves and that liking themselves makes their brain healthy.

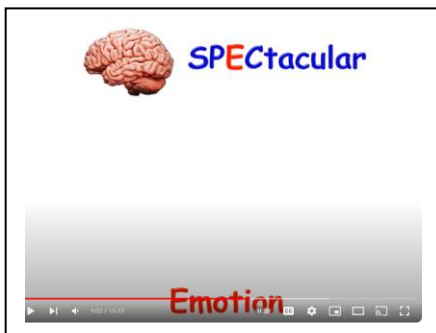
Continue the video and stop and point out the letter P in SPECTacular and in Physical, Continue the video and stop during the slide for the moving and eating questions.



Ask the students...What are some things that you like to do to move your body? Discuss their answers. Reiterate... how your body is made of lots of muscles and muscles help you move. So, moving keeps your body and your brain healthy.

Ask the students...What are some of the things that you like to eat? Discuss their answers. Reiterate...how eating gives your body energy to do all the things you like to do. So, eating keeps your body and your brain healthy.

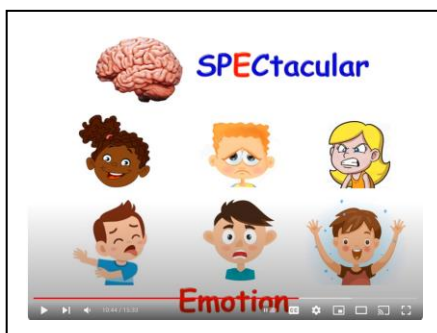
Continue the video and stop and point out the letter E in SPECTacular and in Emotion, Continue the video and have the students say the word “Emotions” with the video. Stop the video with the questions and then continue with the video for happy and sad questions.



What are some of the things that make you feel happy?

What are some of the things that make you feel sad?

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



Reiterate...when you feel different emotions, that can make you behave differently. Like, when you are angry – what are some of the things that you do?

Hmmm...raise your hand if you scream and yell when you are angry. Comment on this.

Hmmm...raise you if throw things, or kick things when you are angry. Comment on this.

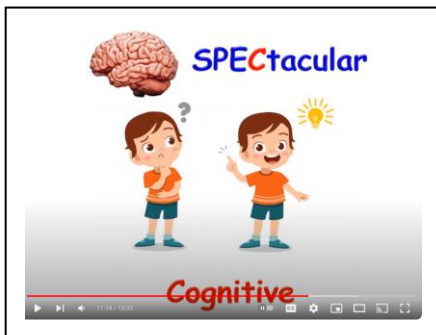
Continue the discussion about Emotions.

Ok...raise your hand if you think that screaming, yelling, throwing things or kicking things when you are angry are GOOD behaviors.

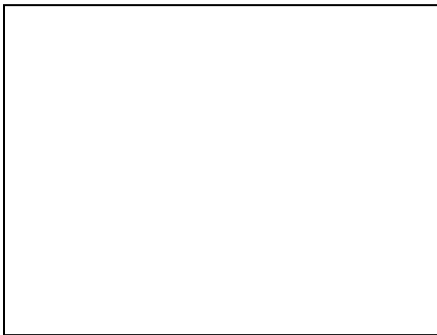
Shake your head no – and say “NOPE...these are NOT good behaviors”. WHY??? Because when you scream, yell, throw and kick things – someone else does not know how to help you. You need to TALK to other people to tell them WHY you are angry and then you can try to fix things.

It is OK to be angry, but behaving badly does NOT help to fix things so that your anger can go away.

- Continue the video and stop and point out the letter C in SPEctacular and in Cognitive. Remind the students that “Cognitive” is a big word that means thinking. Continue the video to the end of the slide.



- Continue with the next slide and stop when the students are told to “close your eyes and think of a dinosaur”.



Say...alright everyone – let’s close our eyes and think of a dinosaur.

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



Ask the students...did any of you think of these dinosaurs? Discuss. They may have thought of the same kind of dinosaur (brontosaurus, tyrannosaurus, or stegosaurus) – BUT, they probably were not these colors or didn’t look exactly like these dinosaurs.

- Continue with the next slide – making sure the students are closing their eyes – opening them to see the dinosaur on the screen, then closing them again to “think of a dinosaur”, and then opening them again. Stop the video after all dinosaurs are on the screen.



Say, ok...let's do this again...when I point to a dinosaur – then raise your hand if this is the dinosaur you saw. (Go through each dinosaur)

Say...ok...it looks like this time most of you saw the cute little Tyrannosaurus Rex.

Does anyone know WHY most of us saw this dinosaur this time? (You can discuss this if the students look like they have answers – or you can say... Let's see why...)

🎨 Continue with the video and stop at the end of the slide.



Reiterate the key points.

Thinking (Cognition) is something that you do INSIDE your head. When you SAW a picture of a dinosaur in with your EYES, your BRAIN remembered that picture and then let you think about what you saw.

The dinosaur was NOT really inside of your head, but your brain did remember the picture.

Doing all that thinking and remembering, is VERY healthy for your brain.

🎨 Continue with the video and stop at the end of the CONCLUSION slide. If time permits, you can do the following. If time does not permit, end the presentation.




Point each of the following in random order and say....

Raise your hand when I point to the picture that is the **S** in SPECtacular – that stands for **Social Health**. Say...good...this picture reminds us that Social Health is liking ourselves and liking others. And, this makes our brain healthy.

Raise your hand when I point to the picture that is the **P** in SPECtacular – that stands for **Physical Health**. Say...good...this picture reminds us that Physical Health is about moving our bodies, eating and sleeping. And, this makes our brain healthy.

Raise your hand when I point to the picture that is the **E** in SPECtacular – that stands for **Emotional Health**. Say...good...this picture reminds us that Emotional Health is about understanding our emotions and controlling our emotions. And, this makes our brain healthy.

Raise your hand when I point to the picture that is the **C** in SPECtacular – that stands for **Cognitive Health**. Say...good...this picture reminds us that Cognitive Health is about thinking inside our heads. And, this makes our brain healthy.

 End the presentation.

Tell the students that you had fun talking with them today and ask them if they had fun learning.

Reiterate that keeping your brain healthy is easy if you remember that it is SPECTacular – for Social, Physical, Emotional and Cognitive Health!!!

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