

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

What to do TODAY Grade 3 (🌈 A Brain Health Story)

This story looks at how “thinking outside of the box” can help children incorporate what they are learning about SPEC health to help them come up with new ways to keep their brain healthy.

- 🌈 Prior to this age, children were learning to read. Now, children are reading to learn about new subjects that may help them to identify their talents and learn how to think.
- 🌈 By “thinking outside of the box”, we discuss how prioritizing sleep helps children with many aspects of their SPEC health.
- 🌈 Throughout the story, we discuss how “thinking outside of the box” does not need to be done alone; people in a child’s support system can help.
- 🌈 For this presentation, you need to have the “A SPECTacular Way to Think Outside the Box” Story Video. You will also need a PPT of the “Thinking Outside the Box” Activity. There is also a “Prioritize Their Time” discussion to have with the students if time permits.
- 🌈 Start the Story Video and stop after the title slide to remind the students about SPEC health.



Today’s story is about Brain Health. Having a healthy brain means that you take care of your SPEC Health, which you now know means you take care of your...

Social Health – which means you know that having people that support you and supporting others is important.

Physical Health – which means you know that sleep is important.

Emotional Health – which means you are learning how to control your emotions.

Cognitive Health – which means you know that understanding what you learn is more important than just memorizing.

- 🌈 Continue playing the video and stop after the following slide.



We need to **learn** what kinds of things we enjoy doing – so we can find the kinds of things we might want to do when we grow up.

For example, Dr. Gorman learned that she **enjoys** telling stories about the brain – so she became a **neuroscientist**.

What kinds of things do you enjoy doing? Discuss with the students how **learning** helps them to find out if that is what they want to do when they grow up.

🎨 Continue playing the video and stop after the following slide to do the “Thinking Outside of the Box” activity.



“Thinking outside of the box” means that you are willing to come up with new ways to think about things.

We are going to now do an activity that gets you to “THINK OUTSIDE OF THE BOX”.

We are going to show you a picture of an everyday item – we will think about how it is **SUPPOSED** to be used and then how it **COULD** be used.

🎨 Put on the “Think Outside the Box” powerpoint. (There is still ~13 minutes of the story to play).

In this activity, students will “think outside the box” by producing creative and different uses for everyday assorted items.

- Have the students work in teams – you can group them into pairs or small groups.
- Tell the students that you will show them a picture of an items. You will choose an item and then ask the students what the item is **SUPPOSED** to do.
 - Use the whisk as your example
- Then, the students will have 1 minute to come up with as many **creative** uses for the item as they can.
- When the time is up, go around the groups and have them give their **MOST** creative idea.
- If you want to, you can have the students vote on which is the **Best and Most** creative answer.
- Repeat as time permits (items on PPT include, plastic bag, sock, sunglasses, spoon, pillow, chair, plastic bag, toilet paper, comb, bucket and blanket). For the last item, you could get a suggestion of a household item from the students.

Creative Example

1-Item name: Whisk
2-What is it really used for? Mixing items such as eggs, batters, etc.
3-Creative uses for a whisk: back scratcher, use it to splatter paint on a canvas, cover in peanut butter and roll in bird seed for a bird feeder, pointer, tree ornament, magic wand at Halloween
4-Best and most creative idea with partner that is shared with the group and written on the chart paper: cover in peanut butter and roll in bird seed for a bird feeder

Close by reminding the students that thinking outside the box means they are willing to come up with new ways of thinking about things and being open to learning new things. Not only will this allow them to learn more information, but it will also be fun.

Learning and having fun are both good for their brains.

- Continue playing the video and stop after the following slide and reiterate the information.



Ok...so when you are learning something new – it is important for you to **understand** why you need to learn the information and how it affects you.

If you do this, the information will make more sense to you and you will have an easier time learning it.

- Continue playing the video and stop after the following slide.



So, we all know that sleep is important for our Physical Health.

But, we also know that we all have SO MANY things that we have to do. This can make us anxious and make it hard to get the sleep that we need.

Prioritizing all the things that we have to do AND learning how to BEST use our time is a lesson that you will use throughout your entire life.

- Discuss with the students one or more of the scenarios in which they would need to **Prioritize Their Time**. (There is still 8 more minutes of the video.)

Ideas:

1. **Prioritizing Tasks with a Morning Routine:**

Many children have a morning routine before school, which can be a great way to introduce the concept of prioritization. By discussing the steps they take each morning, students can learn to identify which tasks are most important to complete first to ensure they are ready for the day.

Imagine you have 30 minutes before school starts. You need to get dressed, eat breakfast, and pack your school bag. How would you decide which task to do first? This helps students understand the importance of prioritizing tasks to manage their time effectively and start their day smoothly.

2. **Prioritizing Chores at Home:**

Children often have chores or responsibilities at home. This scenario can help them understand how to prioritize tasks based on urgency and importance, teaching them to manage their responsibilities efficiently.

If you have to clean your room, feed your pet, and finish your homework, how would you decide which to do first? Discussing this can help students learn to prioritize tasks based on deadlines and importance, ensuring they complete their responsibilities on time.

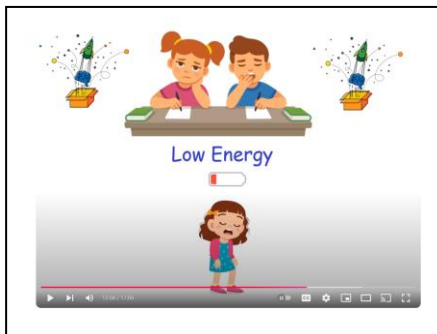
3. **Planning a Class Project:**

Working on a class project can be an engaging way to teach prioritization. Students can learn to break down a project into smaller tasks and decide which tasks need to be completed first to meet the project deadline.

Suppose your class is working on a project about animals, and you need to research, create a poster, and practice your presentation. How would you prioritize these tasks to make sure everything is ready by the due date? This example helps students understand how to organize their work and manage their time effectively.

End by reiterating, learning how to prioritize helps the students to manage their time which makes them less stressed – more prepared – and their brains healthier.

- 🎨 Continue playing the video and stop during the following slide and discuss how sleep may affect your energy level.



Ask the students...when you are **tired**, what kinds of foods do you like to eat? (Usually foods that contain sugar and fats.)

Ok...usually when we are tired we like foods that are yummy and make us feel good. Let's listen to Dr. Gorman to see why.

- 🎨 Continue playing the video and stop at the end of the story video.

Thank you all for letting me talk to you about to “think outside of the box” to keep your brain SPEC healthy.

REMEMBER...

- 🎨 When you “think outside of the box” you come up with new ways to think about things.
- 🎨 “Thinking outside of the box” may help you learn a subject that you were dreading to learn.
- 🎨 “Thinking outside of the box” may help you to prioritize the things that you spend your time doing during the day. This lets you be less stressed out and lets you get the sleep you need.
- 🎨 Being able to think outside of the box also helps your brain health – because you are thinking and using what you are learning about SPEC health. And, helping your brain stay healthy is SPECtacular.

Be sure to thank the students for letting you share the Brain Health: It's SPECtacular™ program with them. Tell them that you have had fun and you hope they have had fun too!!!

Remind them that components of SPEC health.

- Social Health – the “S” in SPECtacular
- Physical Health – the “P” in SPECtacular
- Emotional Health – the “E” in SPECtacular
- Cognitive Health – the “C” in SPECtacular is important for their Brain Health.

Knowing how to keep our Social, Physical, Emotional, and Cognitive parts of our brain healthy is important to help us deal with those challenges. AND, learning about brain health is not just SPECtacular – it is FUN too!!!

Think Outside the Box

