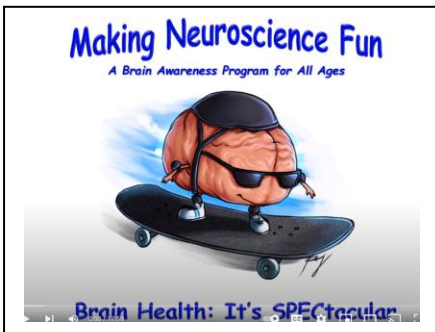




What to do TODAY
Pre-Kindergarten (🧠 A Brain Facts Story)

- 🧠 This story talks about how you know that you have a brain, even though you cannot see it or feel it.
 - 🧠 If we are going to take care of our brain, we need to know we have a brain.
 - 🧠 Scientists ask questions to figure things out.
 - 🧠 This story has the children acting as scientists to figure out if they have a brain.
 - 🧠 Today you will be getting to know the students and you will be letting them get to know you. You will be starting the program by teaching them some things about their brains. Remember, you need to be REALLY animated and demonstrative when talking to PreK students. Have FUN – and they will too!!!
 - 🧠 This PreK Brain Facts story works well with the children sitting on the floor. Check with the teacher to see if they have a “story time” place to sit or whether they think the children should stay at their desks.
- The story video is 14 minutes and with there are LOTS of questions and little Demos to do – so you will not need to do any other Activities.
- Be sure to pause the video whenever questions are asked – ask the students what they think.
- 🧠 Start the PreK Brain Facts video.




Introduce yourselves and then have the students introduce themselves.

Tell the students the name of the program is Brain Health: It's SPECTacular because you will be sharing new stories that will help them take care of their brains.

Tell the students that today you are going to teach them more Brain Facts. Brain facts are things that we know about the brain AND we have to know something about our brains to so that we can help our brains get and stay healthy!!!

Tell the students that we have to know about our brains if we are going to keep our brains healthy.

 Continue the video.




After this slide, stop.

Here you need to be really incredulous. The name of the story is DO I Really Have a Brain.

Oh no...do I HAVE a brain??? Do you have a Brain???

Let's listen to more of the story.

 Continue the video.

Throughout the video – do LOTS of stopping to ask the questions that are asked on the video and to do the demonstrations.

For SEEING – you don't have mirrors – so have the students look at your head and look at each others heads to see if they can SEE your brains.

For FEELING – you make a fist and show your biceps and have the students make a fist to show biceps. Then FEEL your biceps. You can't see the muscle – but, you can feel the bump. Then have them FEEL their heads to see if they can FEEL their brains.

 Continue the video until after this slide.



This story talks about how you know that you have a brain, even though you cannot see it or feel it.

We KNOW we have a brain because a brain thinks and we CAN think – so we must have a brain.


 Continue the video until you see this.



Tell the student that if we are going to take care of our brain, we need to know we have a brain.

Scientists ask questions to figure things out and today YOU have been acting as scientists to figure out we have a brain – and we DO.

So...THANK YOU all so much!!!!

 Finish the video.

If there is extra time, you can ask them some of the Power Your Brain Challenge questions. You can just ask them to use their brains to think.

Just ask the question – repeat it a couple of times – then



1. What do you use to see things?

- A. Your eyes
- B. Your nose
- C. Your ears



2. When you look in a mirror, can you see your brain?

- A. Yes
- B. No



3. Spiderman and the hulk have these in their bodies and so do you.

- A. Superpowers
- B. Muscles
- C. Costumes




4. We know we have a brain because we can _____.

- A. Think
- B. See it
- C. Feel it



5. Do you really have a brain?

- A. Yes
- B. No

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

Tell them that you are soooooo grateful that now you know that YOU have a brain and they have brains too.

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