



What to do TODAY Kindergarten (🧠 A Physical Health Story)

This story describes how your stomach and brain work together to keep you alive and healthy.

- Your body and your brain “talk” to each other. When you are hungry, your stomach (gastrointestinal system) sends signals to your brain to let you know that you are hungry. Your brain then tells your body to get food.
- Your brain needs energy to do all the things it has to do. We get energy from food.
- Your brain and tummy are the perfect partners, they both need each other in order to do the work they need to do.

🧠 Today we are going to learn about Physical Health – which is the P in SPECTacular. Physical Health is about moving your body, eating and sleeping.

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



This story – Your Tummy Helps Your Brain – REALLY? - is going to show us how when your tummy talks to your brain, it tells you to get food.

So, this story is about how eating food makes your body AND your brain healthy.

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



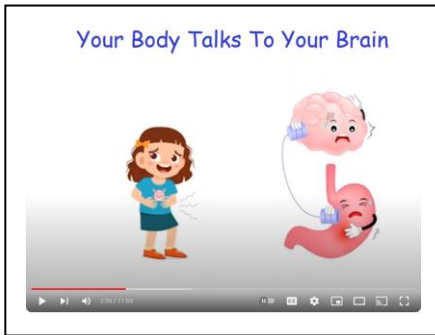
Reiterate that your brain talks to EVERY part of your body and tells it what to do. Discuss this with the students with a few more examples...

If you had to write your name on a piece of paper, what would your brain tell your hand to do?

If you want to eat an apple, what would your brain tell your mouth to do?

If someone gave you a lollipop, what would your brain tell your tongue to do?

- Continue playing the video and stop the video after the children are instructed to “raise their hands”.



Ask the students to raise their hands if they have ever heard their tummies growl.

Ask the students WHEN their tummies usually growl (when hungry) and then ask WHY they think their tummy is growling.

It is because they may be busy and not paying attention to the fact that they are hungry – so their tummy growls to make the brain tell us to start thinking about getting food.

- Continue the video and stop after each question in the following slide – then play the answer.



Ok...so what is our tummy talking to our brain about? Your tummy is telling your brain that it is hungry.

Ok...what should you do when you are hungry? You need to get food.

- Continue the video and stop after the question “Do you remember what part of our body talks to all the other parts of our body”.

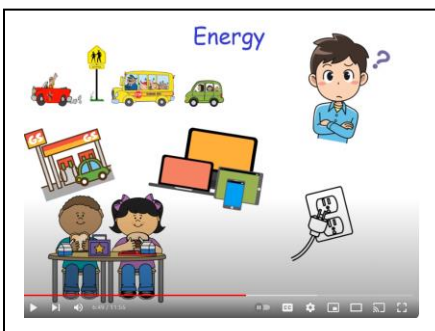


So, when our tummy tells our brain that we are hungry, we then need to use lots of other parts of our body to get and eat the food.

We need our legs, arms, hands, mouth – so many parts. BUT, does our tummy talk to those other parts of our body???? NO!!!

What does talk to ALL the other parts of our body? That's right, our BRAIN.

- Continue playing the video and stop at each of the questions in the following slide and then continue.



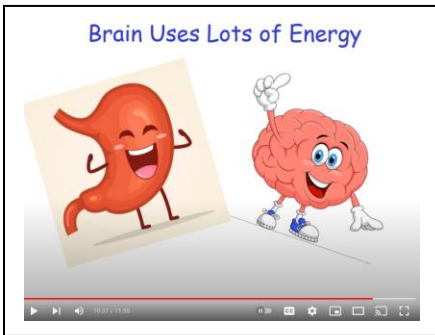
What is energy? (Energy makes things go or makes things work.)

What kind of energy does a car or bus use to make them go? (gasoline) Do we use gas for energy? NO!!!

How do you think the TV, cell phone or tablet gets energy? (through a plug) Do we plug ourselves in for energy? NO!!!

What do PEOPLE use for energy? FOOD!!!

Continue playing the video and stop after the following slide.



Eating food is especially important for your brain, because your brain uses more energy than any other part of your body.

This is because your brain is ALWAYS working. So, your tummy and your brain work together all the time to make sure your brain gets the food – and energy – that it needs.

Tell the students that you are now going to play a game of Charades – called **When is your Brain Working?**



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

Say...let me show you...say if I did this --- pretend you are bringing food to your mouth and chewing (you need to be REALLY demonstrative). Ask what do think I am doing? That's right – eating. And eating food to get energy is what your tummy does to help your brain.

Continue explaining the game. Repeat the next steps for each of the Charades. You are going to need a few minutes to finish the video and end the session after playing the game.

Tell the students that they are going to raise their hand if they want to try doing a Charade and we will ask you to come up – and we are going to whisper in your ear and tell you what to do – you are then going to do it and see if the rest of our friends can guess what you are doing.


After the children guess, then say...You guessed it. And now let's see what we think – is your brain working when you are ***(doing the activity that they just guessed)?

If you think your brain is working when you are (doing the activity that they just guessed) then raise your hand.

If you raised your hand – then you are right!!! Your brain IS working when you are (doing the activity that they just guessed).

Here are some examples of Charades to use.

- Riding a Bike
- Eating an ice cream cone
- Dancing
- Jumping Rope
- Playing Basketball
- Rollerblading
- Reading
- Going for a walk
- Kicking a ball
- Sleeping
- Doing Homework/Schoolwork
- Any other activities that might be fun

 At the end of the game, ask student(s) if they noticed anything about the activities.

They should notice that their brains had to be working during ALL of them. This emphasizes the idea that their brains are always working.


Because their brain is ALWAYS working, it is REALLY important that your tummy helps your brain to get all the energy it needs to do this work.

After just regular Charades, tell the students for the next part of the game they will have to also guess which part of PHYSICAL Health – moving, eating or sleeping – the charade is about.

Below are some examples of Charades to use. Mix up the Charades you use (moving, eating & sleeping). After the students guess – then reiterate that the Charade was either about moving, eating or sleeping – which is part of Physical Health.

Moving	Eating	Sleeping
Jump Roping	Eating Ice Cream	Just Waking Up
Playing Soccer	Drinking From A Glass Or Cup	Stretching
Playing Basketball	Drinking From A Straw	Snoring
Swimming	Eating With A Utensil	Rocking A Baby To Sleep
Sweeping The Floor	Cooking	Head Resting On Hands
Cheerleading	Eating A Banana	Lying Down With Eyes Closed
Throwing A Ball	Eating Milk And Cookies	

Continue the game, making comments and having fun.

 When you are finished with the game, based on the time you have, continue with the video and the last slide and then reiterate the story concepts. Or just reiterate the story concepts.

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

REMEMBER, your tummy and your brain work together to get food. Your tummy then changes the food into energy. Your brain needs energy to do all the things that it has to do.

Remind the studentst that eating is helps your Physical Health and it also helps your brain stay healthy which is SPECTacular. Plus, moving your body – which you need to do to eat – and sleeping are also part of Physical Health and keeps your brain healthy.

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