

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

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

Everyone needs someone sometimes. Understanding that a support system is important and that it can constantly change is important to your social health.

- 🌈 Humans are social animals and they need other humans in order to survive in the world. This means that you need to learn that asking for help is a good thing that will help keep your brain healthy.
 - 🌈 A support system is made up of one or more people who you count on to help you (family, friends, caregivers, teachers, doctors, counselors, coaches, etc.). Your support system can be made up of different people at different times in your life.
 - 🌈 People in your support system help you with your basic survival needs and with your social and emotional needs. Choosing people to be part of your support system is dependent on your ability to trust and confide in those people to help you when you need it.
- 🌈 For this presentation, you need to have the “Lean on Me” Story Video. Prior to the Activity, you will need to find space in the room to set up a “chair obstacle course”. You have an 18 minute video with lots of discussion, so be sure to leave some time for the activity.
- 🌈 Start the story video and stop after the introduction slide. Reiterate.



Today's story is about Social Health which is the “S” in SPECTacular.

“Being social” means you love yourself and you are nice to yourself. It also means that you like and are nice to other people. When you are nice to yourself and others, that makes your brain healthy.

So, let's see how we can make our brain SPECTacular.

- 🌈 Start the Story Video and stop after the title page.



One way that we can be nice to ourselves and help our brain is by realizing that sometimes we need help. Everyone does.

Continue the story video and stop after the following slide.



Ask...can you think of any other animals that work together to do behaviors that help them survive? Get some responses...if none suggest some...

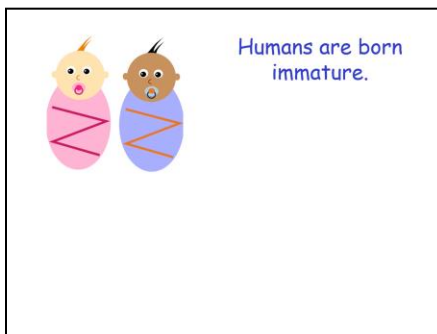
Wolves: Live in packs and work together to hunt.

Elephants: Care for each other and protect their young in herds.

Dolphins: Use sounds to talk and help each other in groups.

Ants: Build colonies and work together to find food.

Continue the story video and stop at the following point in the slide. Discuss what it means for babies to be immature.

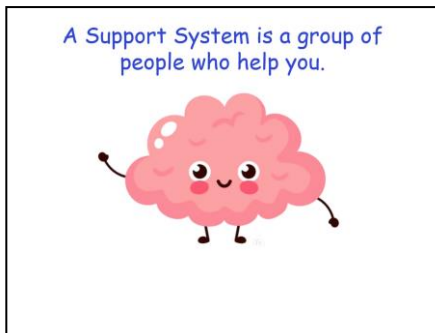


Ok...What are some of the things that you can do that babies cannot do? (Get some responses.)

Discuss how babies cannot do a lot of those things themselves because their brains are still immature.

But...that is a good thing – because we can then learn about the world we live in. One of the big things that we need to learn is that it is OK for others to help us.

Continue the story video and stop after the discussion of how asking for help makes your brain healthy.



Ok... What kinds of things do you do that you need to ask for help in doing, so that your brain can get stronger and healthier? (Get some responses – you may need to share some things of your own first.)

So, asking for help makes our brain healthier because when we need help – our brain gets stressed out. When we ask for help, the stress goes away.

That means asking for help definitely makes us stronger – not weaker.

Continue the Story Video and stop after this screen.



So, we know that everyone needs help sometimes and the people that help us make up our **support system**.

But, how do we choose **WHO** you ask to help us?

Give the students an example of when you need help and who you ask to help you...I am taking this class – and it is REALLY hard for me. My friend is also taking the class and it is easy for them – so, I asked my friend if they could help me study and we now have a study group. My friend is part of my support system.

Ask..So, let's think of the things you need help with, who do you ask for help?

Reiterate that all the people they talked about (list a few) are people part of their support system.

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



OMG (WHOA – or whatever the current term is)...that is a LOT of people who are helping us ALL the time.

Say...I always knew that humans were social animals, but did you think that you had soooooo many people as part of your support system? (See if the children have any thoughts about this.)

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



Trust means that you have **confidence that the person in your support system will do what they say they will do** to help you to the best of their ability.

Let's do an activity to see if we can trust each other.

🎨 At this point (~11:42 into the video) reinforce the concept of **trust** with the **Physical Activity: Trust is a Two-Way Street**. There is still about 6 minutes left in the video – so gauge your time spent on this activity with the time left in the presentation.

Set up the "chair obstacle course".

1. Tell the students that you are now going to do an Activity called the **Physical Activity: Trust is a Two-Way Street**. In this activity, student(s) will have to trust that their classmate will help them to the best of their ability to get from one place to another—with their eyes closed.
2. Explain that you will be asking for 2 volunteers. One person will be the guide and the other will have their eyes closed tightly and be led by the guide. The guide may use physical touch, verbal cues, or both to lead the other student. However, before starting, this must be communicated and both participants must agree. The person being led might choose to be led verbally only, by holding hands, touching the elbow, etc.
Suggestion: Ask a student to stand with you and model the different ways the guide could lead.
3. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
4. Ask for 2 volunteers. Have the students decide who will guide first. Have the other student close their eyes. Have the guide spin the student they will be guiding around a bit to disorient them. Then, say... "Begin"
5. After the guide leads their partner on the walk, they switch roles.
6. When both students are done, discuss the following:

- Were you able to keep your eyes closed the entire time?
 - What made that possible or impossible?
 - How did your partner help you?
 - How did you help your partner?
 - Do you trust your guide more or less than before you started? Why?
7. Repeat #4 – #6 until you have about 6 minutes left in the presentation. You can also change up the “chair obstacle course” around a bit between groups to change things up a bit.

When you are done with the activity, remind the student(s) that it is important to have people in their support system that they can trust. Trusting someone means that you believe they will help you to the best of their ability. Knowing we can trust others is important for our social health.

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



So, when you confide in someone, you are telling them something that may be bothering you or stressing you out. Telling someone about this helps your brain to be healthy because talking to others helps to get rid of your stress.

You trust these people to help you and not to share what you are telling them – UNLESS, what you are telling them could be hurting you or hurting others. In this case, you are trusting others – your friends, teachers, or others – to help you and sometimes that means THEY need to share this information with others to help you.

- Continue playing the video to the end.

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

Remind the students that asking for help when you need it is something that is going to make you stronger.

Having a support system made up of people that you trust and can confide in will help with your basic survival, social and emotional needs and will make your life happier and healthier. And, we all know that helping your brain stay healthy is SPECTacular.

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