

My Strong Brain Activity Guide Grade K-2



Know Your Neuro



Video Quiz Questions

1. What important body part is inside your head? Draw lines on the board and ask students to fill in the blanks with the answer.

2. Where is the brain inside of our body? Ask students to point to the body that contains their brain.

3. What does the brain do? Ask students what they remember from the video 'My Strong Brain' about what the brain does. Use the answers below in the 'What Does the Brain Do?' Section to help.

4. How do you keep your brain strong? Ask students what they remember from the video. The answer is 'Use It!' to keep your brain strong.

Long-Term Learning

What Does the Brain Do?

Read the descriptions aloud to students and ask them to point to the body part that does each of the following:

Think

What body part does all my thinking? It is where thoughts and ideas come from inside my head.



Feel

What body part helps me know what I am feeling with my hands.



See

What body part helps me know what I am seeing with my eyes.



Hear

What body part helps me know what I am hearing with my ears.



Do

What body part helps me decide what to do.



Everyday Examples

Using the following examples, ask students to answer the questions. Then, ask students to give their own examples to share.

1. When you think of a new game to play, what part of your body does that for you?

2. When you feel something with your fingers, what part of your body knows what you are touching?

3. When you see your friend, what part of your body knows that person is your friend?

4. When you hear a fire truck's sirens, what part of your body knows that is the sound a fire truck makes?

5. When you choose what to do, what part of your body decides what to do?

6. When you have a question, what part of your body thinks of it?

