

Brain Healthy Behaviors

Setting: In a classroom

Subject: Biology - Neuroscience - Health

Grade Level: K-2nd grade

Time Frame: 30 min

Student Objectives:

1. Identify behaviors that are brain healthy

Materials:

1. 10 Ways to Love your Brain handout
2. Healthy Behaviors Comparison Worksheet

Background:

In this activity, students will learn about brain healthy behaviors that can be started at any age. The Fortune Teller activity will get them thinking about brain healthy behaviors that connect to their own lives in a fun, interactive way.

What to know before you teach:

This information is primarily for the teacher's background knowledge and the slides are for students. Ample notes are provided for each slide.

- There is a growing body of research providing evidence on modifiable risk factors for cognitive decline. Research studies are being conducted to evaluate how lifestyle modifications, such as what are found in the 10 Ways to Love your Brain handout, impact cognitive function.

Procedure:

1. Let's talk about ways to keep our brain healthy - hand out the 10 Ways to Love your Brain handout or just mention a few key behaviors depending on the age level
2. Hand each student a Brain Healthy Comparison worksheet. Have them circle and/or color the child doing the brain healthy behavior for each comparison.

Additional Resources:

- **Prevention Research:** https://alz.org/alzheimers-dementia/research_progress/prevention
- **US POINTER Study:** <https://alz.org/us-pointer/overview.asp>