

# Grades 3-6 Educator's Guide

## Kids' Topic 15: Power Your Brain



### Captivate



### Educate



### Activate

#### Session 1 Your Brain on MOVE

##### Riddle Time

- Read the riddle aloud: *"Without me, you cannot see, but I am not your eyes. Without me, you cannot breathe, but I am not your lungs. Without me, you cannot walk, but I am not your legs. What am I?"*
- Answer: *Your Brain!*

##### Your Brain and MOVE

- Explain that your brain controls every part of your body.
- Using the brain scan images, explain that moving increases brain activity and prepares your brain for learning. Your brain becomes brighter!
- Make time to MOVE often during the day to strengthen both body and brain.

##### Learning in Motion

- Challenge your students to MOVE while they learn and learn while they MOVE!
- Encourage them to jump rope as they spell words or call out math facts while running.
- Ask students to describe other ways they can move and learn at the same time.

#### Session 2 Activate Your Brain

##### 100,000,000,000

- Inform students that there are over 100 billion brain cells in their noggins right now!
- Read aloud the fun facts about 100 billion.

##### Brighten Your Brain

- Remind students that moving brightens their brains and activates learning.
- Explain when a brain is bright and active, it can absorb more information than a dull brain.
- Discuss how moving before school will help get your brain ready for learning.

##### MOVE in the Morning

- Pair students and ask them to brainstorm favorite ways to MOVE. The list can include anything from stretching, walking or jogging, to playing a game.
- Write or draw top MOVE choices on the **MOVE Your Body** handout, then choose one MOVE to do before school the next morning.

#### Session 3 MOVE for a Healthy Brain

##### Classic Moves

- Read aloud the historical moves and ask students if they think they are true or false:
  - *Abraham Lincoln liked to wrestle. (True!)*
  - *Amelia Earhart liked to skateboard. (False)*
  - *George Washington Carver enjoyed knitting. (True!)*

##### Brainpower

- Tell students that moving is good for their brains, just like it was for many people in history.
- It's easy to MOVE throughout the day. At school, take a short break and MOVE 2-3 times each hour. Walk around, do a few chair squats and leg planks (lift feet off floor while sitting), or just stand up and raise your arms high for a sky stretch.

##### MOVE All Day

- Discuss ways students can sneak in extra time to MOVE and how it will benefit their brains.
- Ask students to recall their list of moves from Session 2. Challenge them to do each activity on the list at least one time today.

#### Session 4 MOVE to Remember

##### Brain Facts

- Read aloud the brain trivia questions:
  - *Which is made up of more water, the earth's surface or your brain? (Your brain!)*
  - *Which is faster, a race car or your brain? (Your brain!)*
  - *What happens first, your brain fully develops or you are allowed to vote? (You are allowed to vote!)*

##### MOVE and Memory

- Remind students that an active brain can better absorb information to help them learn.
- Explain that moving after school keeps their brains bright and can help them retain what they have learned.

##### MOVE After School

- Challenge students to MOVE after school to give their brains a boost and remember what they have learned.
- Encourage students to...
  - Stand while doing homework.
  - Take a study break to do push ups.
  - Practice their math skills while stretching.
  - Get moving!

#### Session 5 MOVE with Others

##### Pass It On

- Choose one student to be "it" and have the other students form a circle.
- The person that is "it" stands in the circle and acts out a MOVE he or she did during the week.
- Lastly, the person that is "it" announces his or her MOVE and calls on another student to be "it."

##### MOVE Motivation

- Assure students that everyone needs encouragement at times. When RECHARGE is low or a MOOD is "I Won't," it can be difficult to get up and get active.
- Encourage students to challenge their friends and family to power their brains with movement too.

##### Share Your Moves

- Ask students to recall the many ways they moved this week and discuss additional ways to MOVE.
- Next, encourage students to share their moves with friends and family by playing the Pass It On game over the weekend.

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## Kids' Topic 15: Power Your Brain



**Prior Knowledge:** MOVE is physical activity. To MOVE is to participate in a sport, play, exercise, or any activity that gets you moving. Health experts recommend that youth get at least an hour of physical activity each day, but you do not have to do it all at once! When you MOVE throughout your day, it benefits both your body and brain.

**Objectives:** Students will be able to:

- Explain that moving (physical activity) increases brain activity.
- Explain that an active brain can better absorb information for learning.
- Demonstrate how to encourage friends and family to increase physical activity.

### Checks for Understanding and Readiness to Make Healthy Choices

**Session 1:** What can you do to brighten your brain? (*MOVE!*)

**Session 2:** How does moving help you learn?

(*Moving brightens your brain and helps it absorb more information.*)

**Session 3:** What are your hourly moves?

(*Students give examples of how they can MOVE throughout the day.*)

**Session 4:** How can you remember information better? (*MOVE after school and all day long!*)

**Session 5:** How can you help others activate their brains? (*Encourage them to MOVE.*)



### Health Education Standards

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community health.

### Common Core Alignment

	Grade 3	Grade 4	Grade 5	Grade 6
ELA/Literacy	SL.3.1 SL.3.2 SL.3.3 SL.3.4 SL.3.5 SL.3.6	SL.4.1 SL.4.2 SL.4.3 SL.4.4 SL.4.5 SL.4.6	SL.5.1 SL.5.2 SL.5.3 SL.5.4 SL.5.5 SL.5.6	SL.6.1 SL.6.2 SL.6.3 SL.6.4 SL.6.5 SL.6.6
	RI.3.1 RI.3.2 RI.3.3 RI.3.4 RI.3.6 RI.3.7 RI.3.8 RI.3.9	RI.4.1 RI.4.2 RI.4.3 RI.4.4 RI.4.5 RI.4.6 RI.4.7 RI.4.8 RI.4.9	RI.5.1 RI.5.2 RI.5.3 RI.5.4 RI.5.5 RI.5.6 RI.5.7 RI.5.8	
	RL.3.1 RL.3.3 RL.3.6 RL.3.7	RL.4.3 RL.4.9	RL.5.1	

### Student Materials

Session 2



**fit Tip:** MOVE smarter! Practice your spelling words by making the letters with your body!

**Family Message:** Do you know that moving and physical activity benefit learning? When you move, you get your blood flowing, which in turn brings oxygen to your brain and helps you absorb information. Follow up with a good night's sleep to store that information in your memory bank and you are on a *fit* path!

Learn more!

- Activate healthy communities: [sanfordfit.org](http://sanfordfit.org)
- Interactive resources for kids: [fit.webmd.com](http://fit.webmd.com)
- Raising *fit* Kids: [webmd.com/parenting/raising-fit-kids/](http://webmd.com/parenting/raising-fit-kids/)

### Related *fit* Links from [fit.webmd.com](http://fit.webmd.com)

#### Online Games:

- MOVE Horoscope
- MOVE + Mixer
- How Do Stars Get *fit*?

#### Articles and Activities:

- Why Your Good Study Habits Are Wrong
- How Exercise Benefits Your Whole Body
- How to Grow a Better Brain

#### Video:

- How do you stay active?
- How Exercise Helps Your Body and Brain
- *fit* Challenge: Stand Up!

#### Song:

- Put a Little MOVE in Your Day

#### Articles and Activities for Families:

- How to Encourage Kids to Play and MOVE
- Where to Start When You're Not *fit*
- 5 Steps to Get Motivated to MOVE
- Why Are Gym and Recess Important?
- Is It Normal for Kids to Hate Exercise?
- Your Kid's Brain on Exercise
- 5 Simple, Fun Ideas for Family Fitness