



The Brain Games

With the use of visual aids and hands on activities, *The Brain Games* introduces students to simple concepts of early brain development. With the help of our brain superhero, “The Neuron,” students learn how brain cells “talk” to each other to form connections, which allows them to develop physically and cognitively.

Reminding students of the importance of healthy brain development, the program provides examples of ways students can protect the brain as it grows, such as playing sports, reading books, and keeping the brain free from harmful substances. Lastly, *The Brain Games* introduces students to the concept of the “Power of the Pause,” a decision-making tool that encourages them to reflect before engaging in risky or unhealthy behaviors, such as negative peer pressure or unsafe medication practices. *The Brain Games* encourages students to make independent decisions that are right for them and free from negative influences.

Activities include:

- **Obstacle course relay race** (when space allows)
- **Giant memory game** – Students use their memories to find matches in this oversized memory game.
- **Communication interrupted** – Interruptions create difficulties for students as they attempt to communicate with each other to complete simple tasks. This activity simulates how unhealthy behaviors “interrupt” healthy brain development.
- **Pill or candy** – Viewing pictures of medications and similar-looking candy, students must decide: Is it medication or is it candy? This activity shows students how easy it is to mistake medications and other harmful products as candy, and explains the importance of never taking anything, especially medications, from anyone but a trusted adult.
- **Power of the Paws** – In this teacher/student role playing game, students build positive decision-making skills by following the healthy paws.

Students are awarded gold medals for competing in *The Brain Games*.