

Prevention Program Overview

Program: Brain Waves

Program Objective

Brain Waves educates students on the brain, its different parts, functions, and how it is responsible for the functionality of the entire body. The material and activities make connections for the students to understand why brain health is important. This program teaches students to:

- Understand how the brain works and how it's connections to the rest of the body.
- Learn the different parts of the brain and what each part is responsible for.
- Define Neurons and understand why they are important and how they function in the body.
- Develop healthy skills for taking care of their overall brain health.

Program Summary

Sessions	One
Population	Appropriate for 1st-5th grade students
Education	<ul style="list-style-type: none">• Gauge students' knowledge of the brain, what it's responsible for and the importance of brain health, specifically in how it is connected to the rest of body, affecting how we walk, talk, function, and behave.• Defining the different parts of the brain and which each part is responsible for.• Discuss neurons and brain development.• Identify healthy ways to maintain good neuron and brain health.• Discuss the importance of eating a balanced diet, engaging in physical and mental exercise, and avoiding dangerous and unhealthy substances.
Activities	<ul style="list-style-type: none">• Choose Wisely: Helps students identify healthy and safe choices that protect brain health.• Movie Picture Puzzle: Engages students in a mental exercise that challenges them to solve a mental puzzle.• Brain Boost Physical Challenge: Involves students in a physical activity that provides an example of how physical activity can boost their blood flow to the brain and have a positive effect on their mood.
Skill	This program teaches students ways they can improve and maintain their overall brain health by learning and understanding the importance of making healthy decisions and engaging in physical and mental exercise