Prevention Program Overview

Program: **Brain Games**

Program Objective

Brain Games educates students on brain development, different parts of the brain, and its responsibility 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 and functions of the brain
- Define Neurons and their importance to brain growth and learning.
- Develop healthy skills for taking care of their overall brain health.

Program Summary

Sessions	One
Population	Appropriate for 1st-5th grade students
Education	• Gage students' knowledge of the brain, the importance of brain health • Discuss neurons and brain development. • Identify healthy ways to maintain good brain health. • Discuss the importance of eating a balanced diet, engaging in physical and mental exercise, and avoiding dangerous and unhealthy substances.
Activities	• **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 to improve and maintain their overall brain health by learning and understanding the importance of making healthy decisions, engaging in physical and mental exercise and avoiding harmful substances.

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