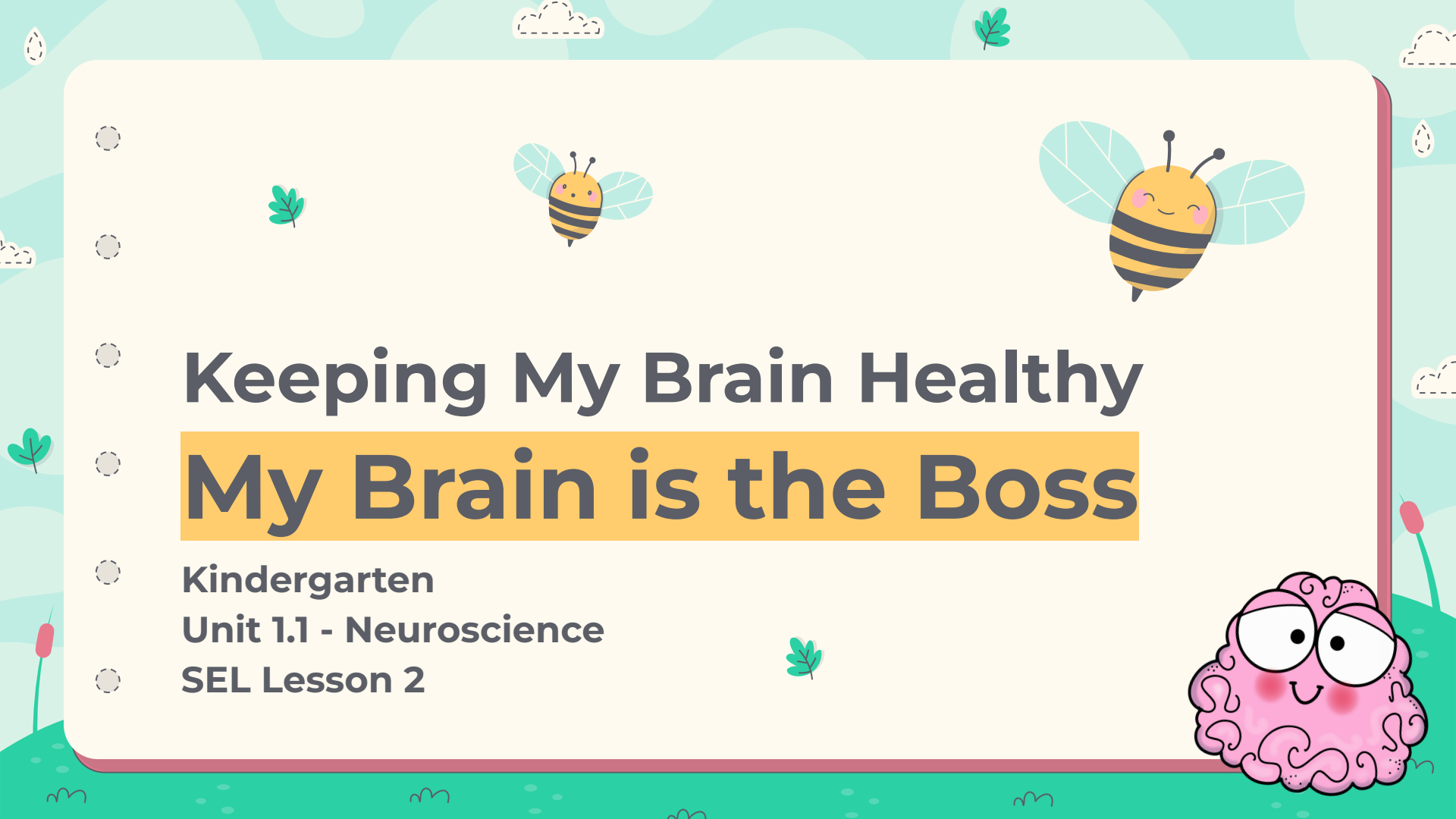
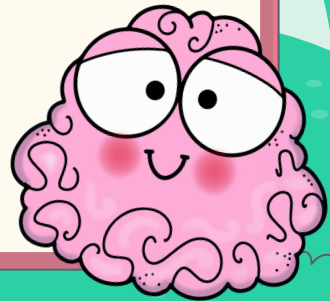




# Keeping My Brain Healthy

# My Brain is the Boss

Kindergarten  
Unit 1.1 - Neuroscience  
SEL Lesson 2



# Class Connect



# Review



**routine**

👏rou·tine👏

*synonyms-*  
pattern, usual

*antonyms-*  
irregular, different, unusual



# Why is today's lesson important?

## My Brain is the Boss



### Regulation

*"I can recognize and manage my emotions."*



### Perseverance

*"I can demonstrate endurance and capacity to complete tasks."*



## definition

- being in good health
- making choices to help our brain and body

## wellness



*synonyms-*  
health, wellbeing

*antonyms-*  
sickness, weak, unhealthy

## examples

- exercising regularly
- talking about feelings
- eating fruits and vegetables

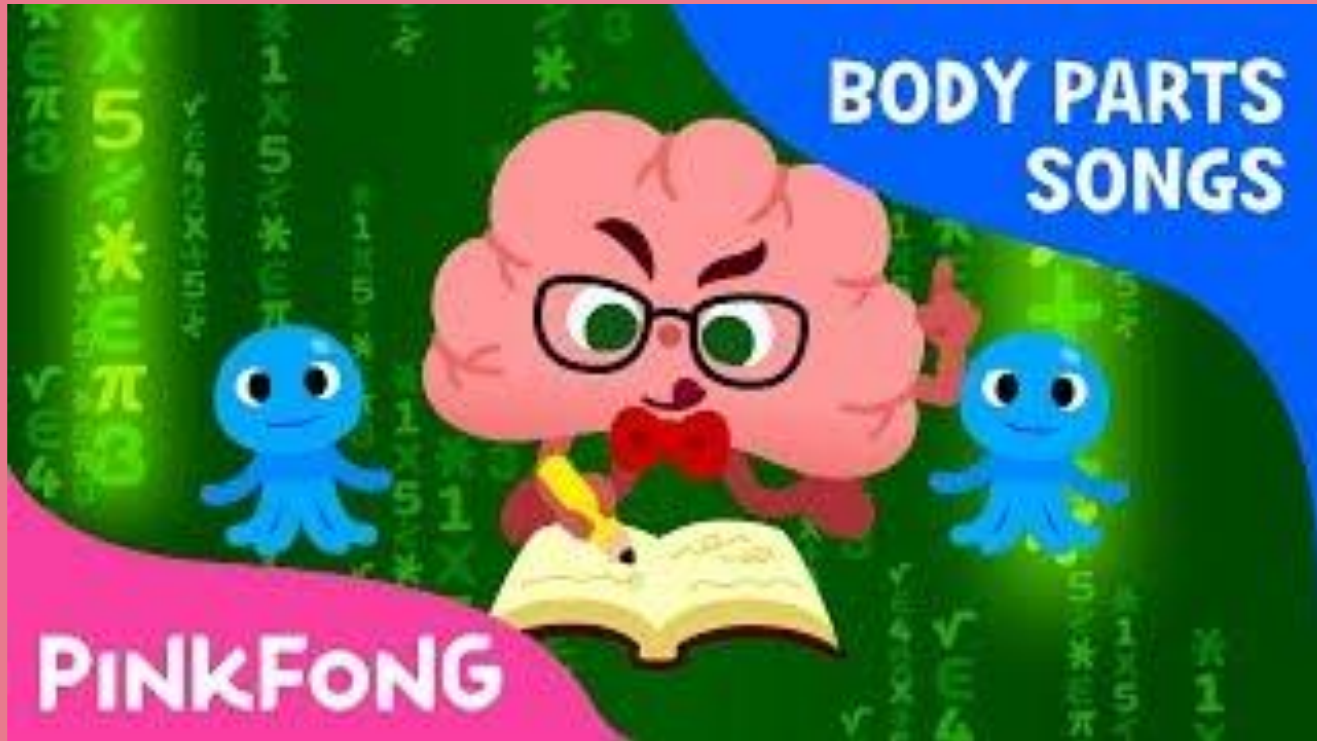


## question

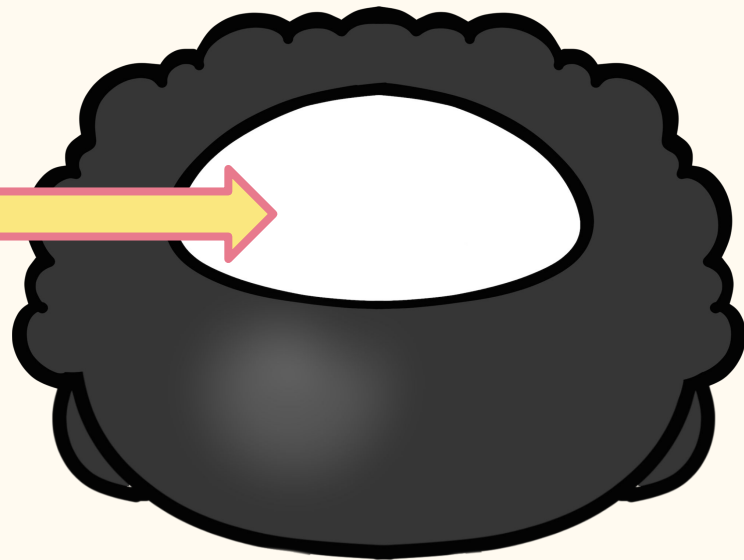
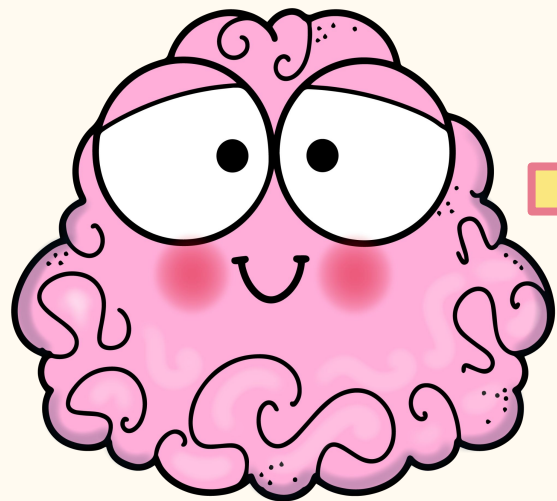
- What are two things you do to help your personal **wellness**?

## non-examples

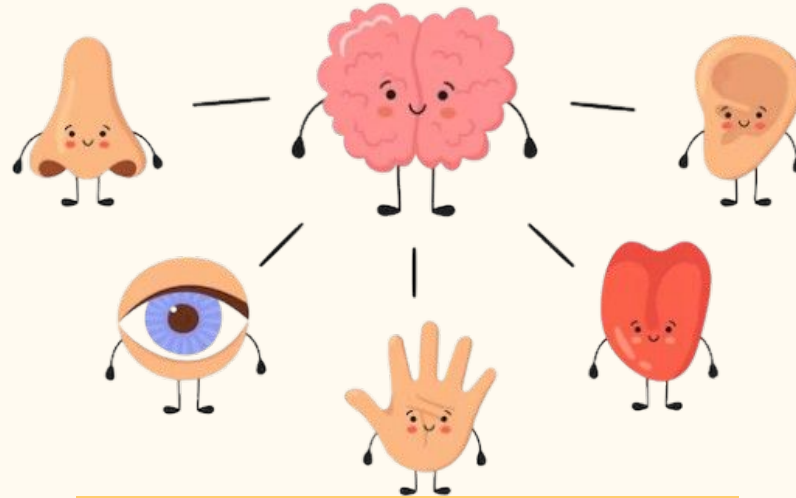
- staying up late to play video games
- bottling up feelings
- eating lots of sugar



# Where is my brain?



- **Our brain is the BOSS of our body.** It is in charge of....



**OUR SENSES**

- **Our brain is the BOSS of our body.** It is in charge of....



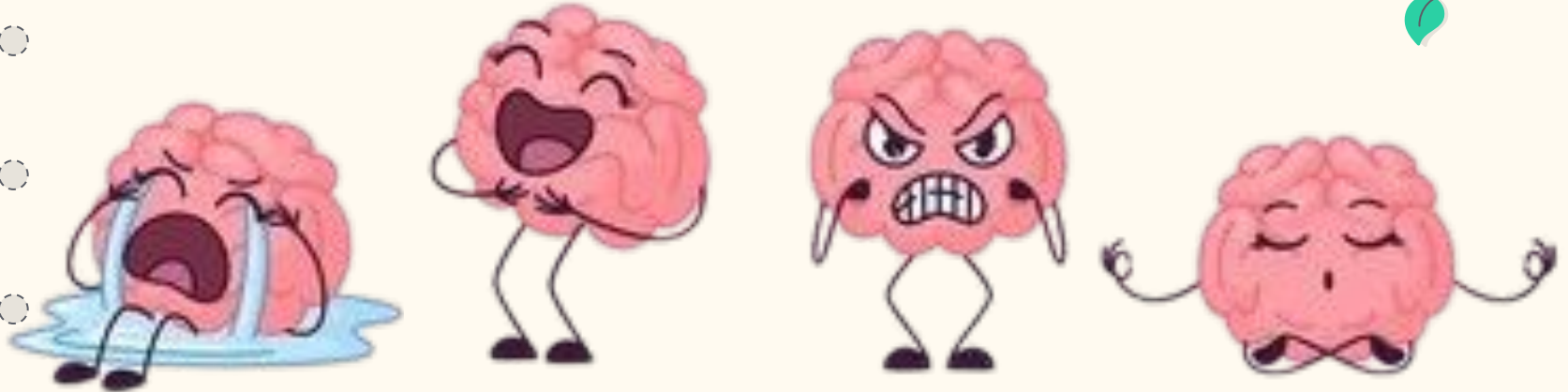
**IMPORTANT PARTS OF OUR BODY**

**Our brain is the BOSS of our body.** It is in charge of....



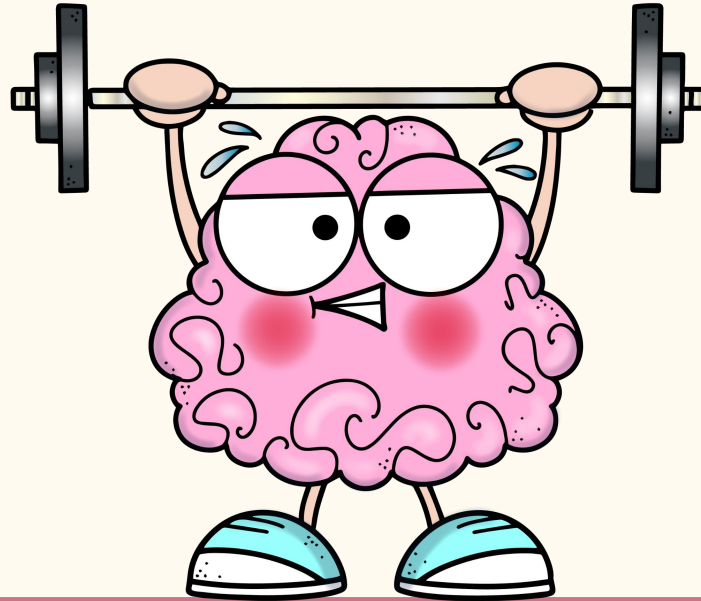
**THINKING & LEARNING**

- **Our brain is the BOSS of our**
- **body.** It is in charge of....
- 
- 
- 
- 
- 



**EMOTIONS**

Being the boss of our body is  
**HARD WORK**



# Movement



**We need to take care of our brain so it can take care of us.**



eat a balanced  
and healthy diet



drink water to  
stay hydrated

**We need to take care of our brain so it can take care of us.**



get a good night's rest



exercise

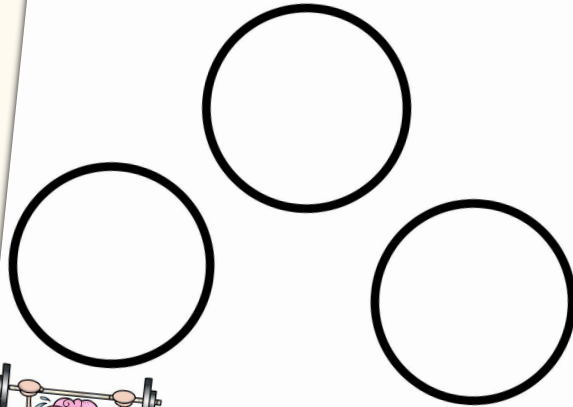
# Activity

Make a plan for how to keep your brain healthy.

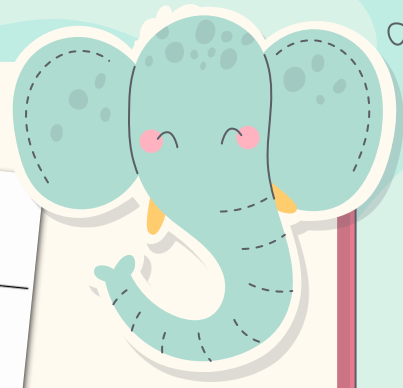


## MY BRAIN IS THE BOSS

Name \_\_\_\_\_



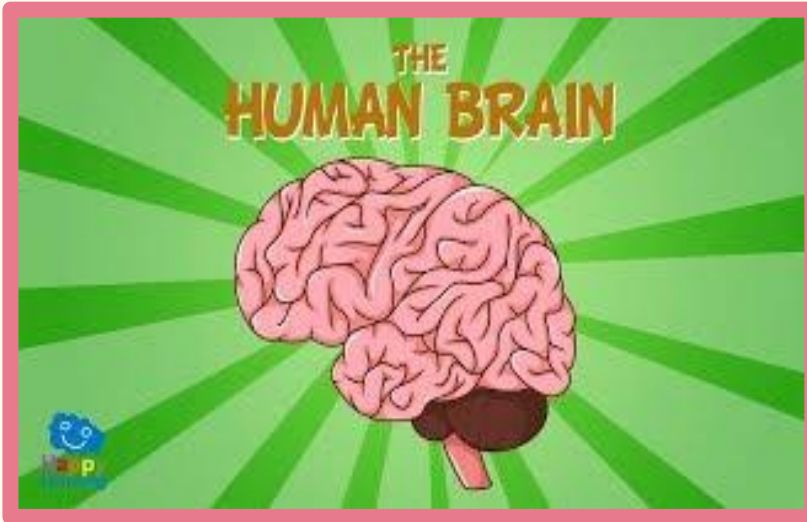
**I HELP MY BRAIN BE HEALTHY!**



# Peace Out



# Guardian Extension



## Conversation Starters:

- How can you keep your brain healthy?
- Can you name three parts of the brain mentioned in the video?
- How can taking care of your brain help you be a successful student?

# Teacher Extension





**CREDITS:** This presentation template was created by **Slidesgo**, and includes icons **by Flaticon**, infographics & images by **Freepik** and content by **Eliana Delacour**.

