

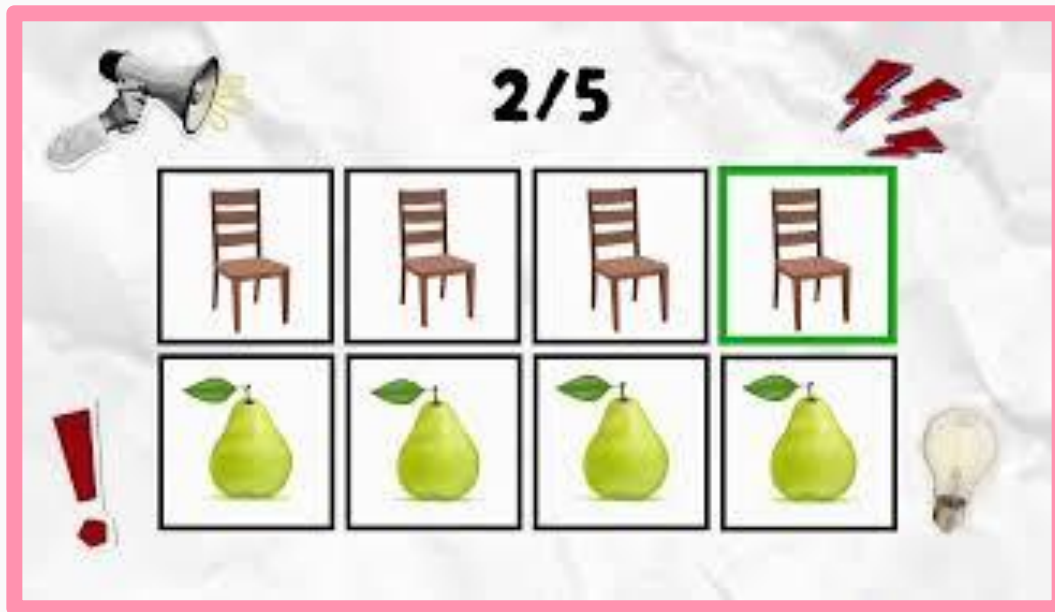
Healthy Brain Routines

5th Grade
Unit 1.1 - Neuroscience
Lesson 2

5TH GRADE



Class Connect



Review



routine

👏rou·tine👏

synonyms-
pattern, usual

antonyms-
irregular, different, unusual

Today's Lesson

Healthy Brain Routines

5th Grade
Unit 1.1 - Neuroscience
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Why are we learning this?

Regulation



Adaptability



Perseverance



definition

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

wellness



well·ness

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

definition

- wellness of our emotions and brain
- how we think, feel, act, learn, talk, play, and work.

mental health

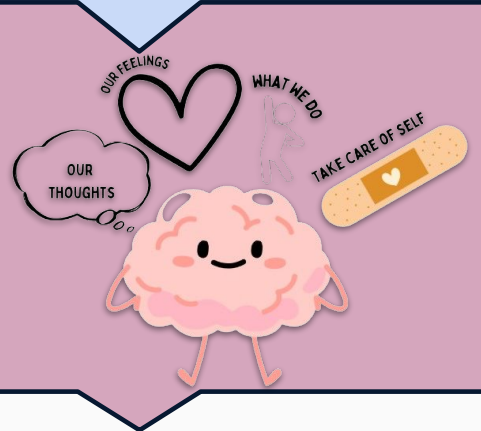
men·tal · health

synonym- well-being

antonym- other people's thoughts/opinions

examples

- your thoughts and feelings
- seeing the glass half full or half empty

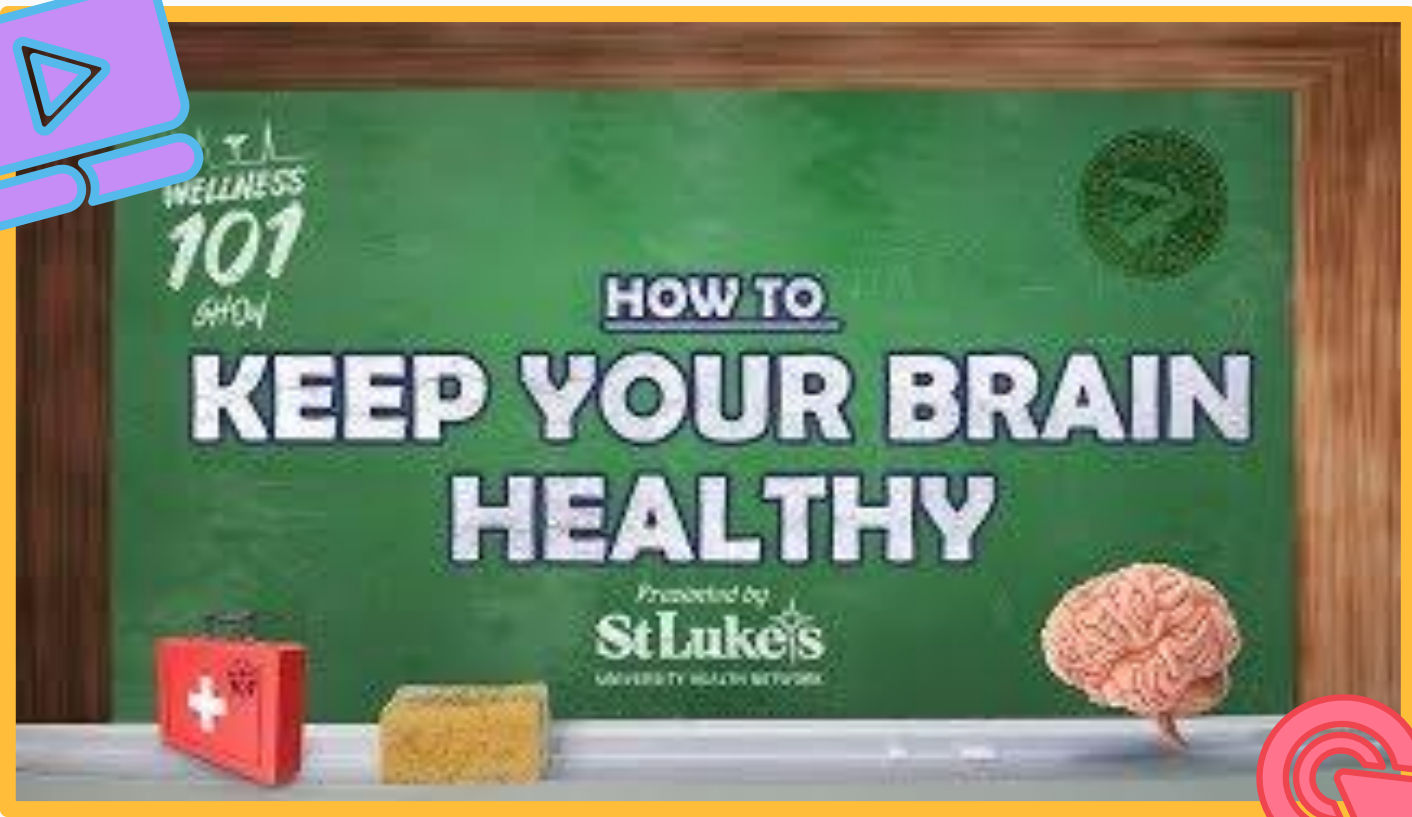
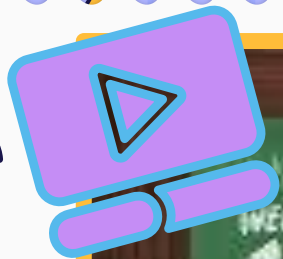


question

- When I am having a tough time, I can take care of my **mental health** by:

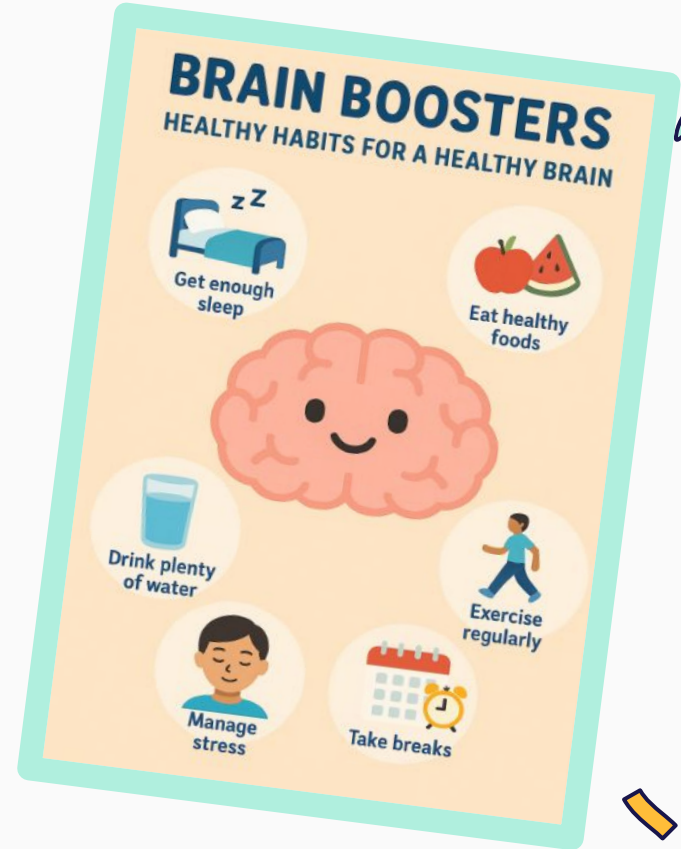
non-examples

- having no cavities
- how tall you are



Brain boosters

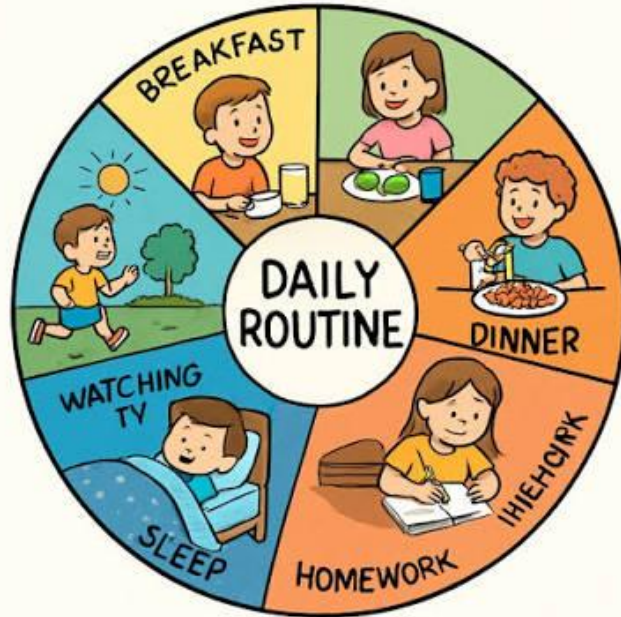
- 1) Get Plenty of Rest
- 2) Happy Heart = Happy Brain
- 3) Exercise
- 4) Try New Things
- 5) Be Social



Why are routines important?

Routines set us up for success!

- **Academically**
 - Increase focus
 - Allows us to think clearly
 - Keep us organized
- **Socially & Emotionally**
 - Regulate mood
 - Strengthen relationships
 - Keeps our PFC in control



Routine Options

By activity

- **Sleep**
 - Screen turn off time
 - Alarm
 - Unwind process
- **Exercise**
 - Make a schedule
 - Plan with a buddy
- **Social**
 - Connect outside of a screen
 - What activities can your join
 - Weekend plans

By time of day

- **Morning/before school**
 - breakfast
 - Prep for school
 - transportation
- **School**
 - Free time (recess, lunch)
 - In the classroom
- **After school**
 - Free time at home
 - Homework
 - Extra curricular activities

Movement Break



Activity Time

Routine Planner Worksheet Example:

Part of My Day

Brain-Healthy Habits I Can Try

 Morning Before School

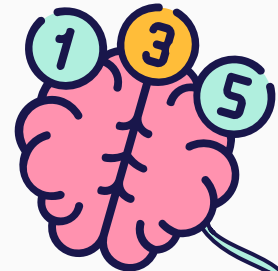
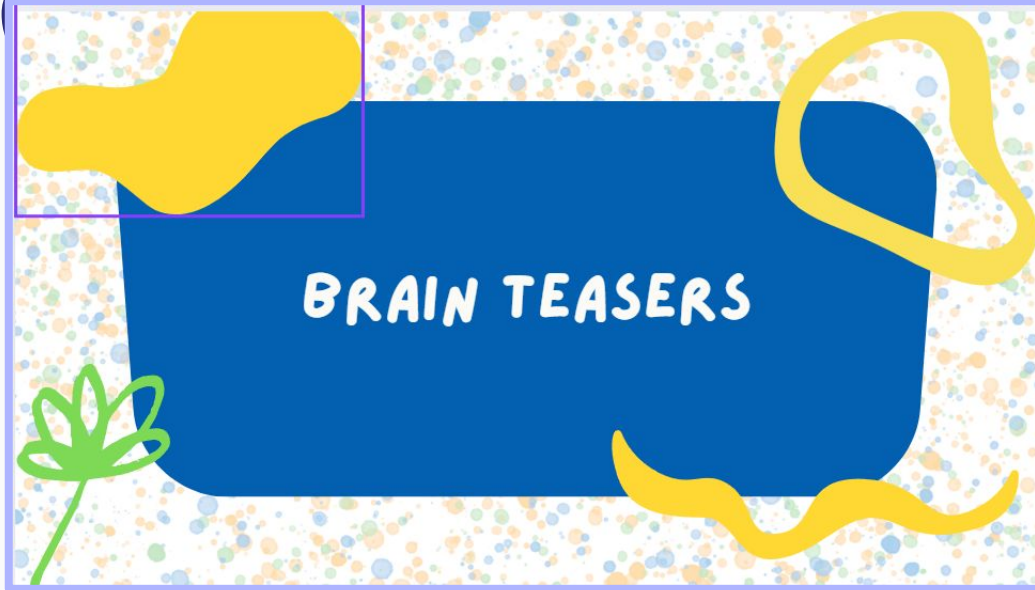
 During School Day

 After School/Evening

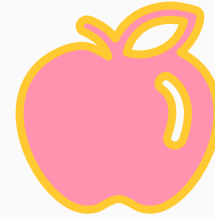
Peace Out

What is one new tweak
you plan to make to
your daily routine?

Guardian Extension



Teacher Extension



- Our brain health and wellness are impacted by factors such as sleep, nutrition, activity level, and time management.
- Challenge your student to name healthy habits learned this week that can be part of their daily routine.

THANKS!

1 + 3



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