

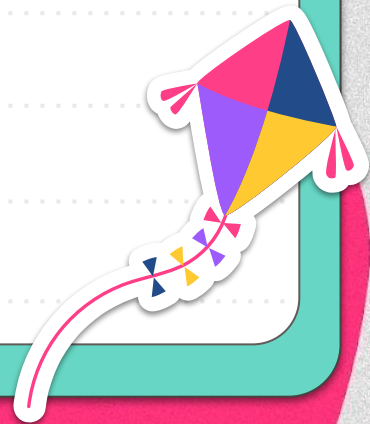
# Healthy Body = Healthy Brain

2nd Grade  
Unit 1.1 Neuroscience  
Lesson 2

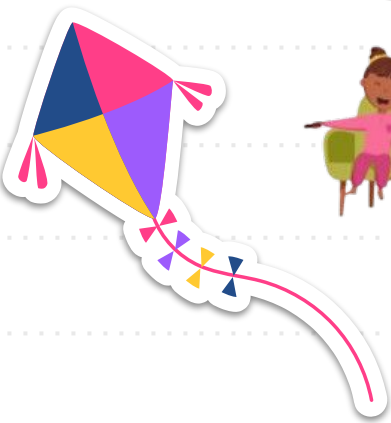


# Class Connect

What is your  
favorite  
snack?



# Review



**routine**



rou·tine



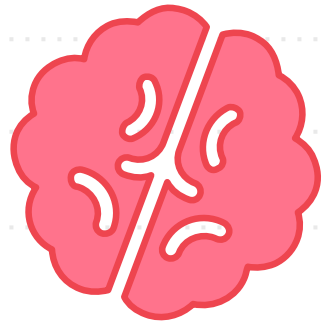
*synonyms-*  
pattern, usual

*antonyms-*  
irregular, different, unusual

**Today's  
Lesson**

# Healthy Body = Healthy Brain

2nd Grade  
Unit 1.1 Neuroscience  
Lesson 2





# Why are we learning this?

Regulation



Adaptability



Perseverance



## definition

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

## mental health

👏men·tal· health👏

*synonym-* wellbeing

*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



## definition

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

## wellness



well·ness

*synonyms-*  
health, wellbeing

*antonyms-*  
sickness, weak, unhealthy

## examples

- playing a sport
- making friends
- doing a puzzle



## question

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

## non-examples

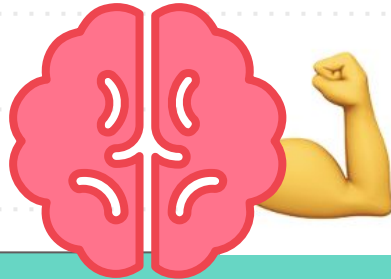
- staying up late to play video games
- eating cake for every meal



# Your brain is powerful!

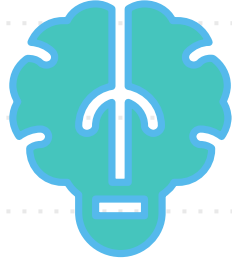


- Our brain is at the **center** of everything that our bodies do.
- We need to keep it **healthy** and **strong** so that it can help us be the best we can be.



## Healthy Choices

-  
- 
- 
- 
- 
- 
- 

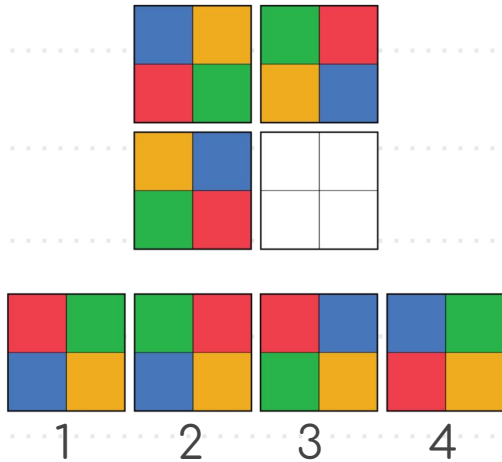


## Unhealthy Choices

-   
-  
- 
-  
-  
- 
- 

# Turn & Talk

- Set a **healthy brain goal**.
- Use your muscles to solve this puzzle.



# Movement Break



# Activity Time

**OPTION 1**



**10 Brain Teasers**

# Activity Time

OPTION 2



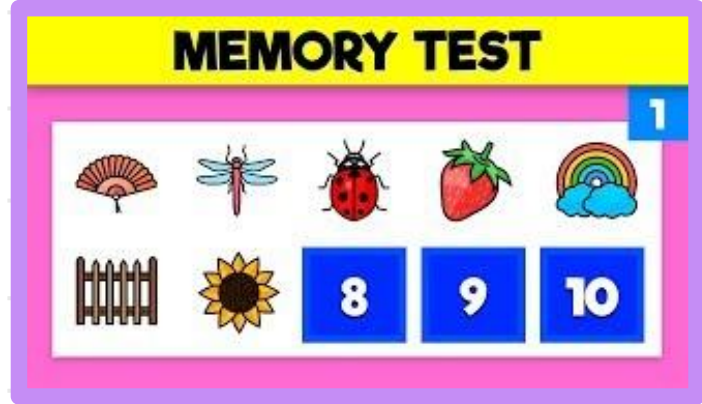
# Peace Out



# Guardian Extension



Healthy Habits



Exercise your brain:  
Memory Test



# Teacher Extension

