


 Unit 1 Lesson 1, “Connect It”: Brain Health Scan

Description: This lesson is a self-assessment of brain health.

Objective: Students will activate prior knowledge and actively gather information about topics related to Level 1: Brain Basics. They will also connect prior knowledge to new knowledge and increase metacognition by completing a self-assessment of their brain health. They will use either the Brain Health Scan to examine their behaviors and target a way in which to improve.

Length: Approximately 25 minutes

Instructions for the Teacher:

1. Allow students to complete the Brain Health Scan and rate their own brain habits. This should be kept in a folder if your students don't have workbooks.
2. Students will score their brain health and use the feedback to set goals for improving their brain health.
3. Check back at the end of the unit to see if the students are making improvements.

*Optional Additional Extensions:

- Ask students to record the number of hours of sleep they get every night, then graph the results **over a two-week period**.
- Periodically redistribute this inventory so that students can **compare their habits over the course of the program**.



Differentiating Instruction: Option A

Content & Process

This lesson contains content intended for On-Level and Advanced Learners. The task is self-reflective and asks students to process feedback about their habits and write a plan for improvement.

Possible lesson scaffolds are to allow students to make pictorial posters to demonstrate the “what, when, who, and how” of their goal as written on page 3 of the Brain Scan and/or to have a class discussion to process the feedback.

FEEDBACK CORNER

In general, try responding to students who...

struggle with,

“It’s ok to get the wrong answer. When we try and make mistakes, that helps our brain grow new neurons.”

are making progress with,

“Hey! You were working on this for a while and you didn’t quit!”