



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

#### Grade 1 – Body Systems

#### Unit 6

#### SOLs:

- 1.1.a – Identify body structures (abdomen, chest, head) and organs (heart, brain, lungs, stomach).
- 1.2.a – Describe the importance of having a healthy heart, brain, and lungs.
- 1.2.b - Select behaviors that help keep the heart, brain, and lungs health.

#### Title: My Body – The Brain

#### Objectives/ Goals:

- The student will be able to identify the brain from a picture.
- The student will be able to cite what the functions of the brain are.
- The students will be able to identify the brain as one of the body's major organs.
- The student will be able to list several ways to keep your brain healthy.

#### Materials:

You Tube Video – How Your Brain Works – KidsHealth.Org time 3:41

<https://youtu.be/-nH4MRvO-10>

- Worksheet – Brain (4 parts)
- Coloring Sheet – Brain

- Brain, Brain, Brain Song by Story Bots  
<https://www.youtube.com/watch?v=Nnl7DLSNFV8>  
 LYRICS: Your brain is a magnificent miraculous machine  
 The most super-charged computer that you have ever seen  
 Protected by your Cranium it hides between your ears  
 The Stem the Cerebellum and Cerebral hemispheres  
 (Chorus) Your Brain, Brain, Brain, is sending and receiving Your Brain, Brain, Brain, information  
 that you're needing Your Brain, Brain, Brain, it has a lot to do It's a crazy multi-tasker that works  
 overtime for you  
 Part of the Nervous System, it makes your body move.  
 Contains all of your memories, it helps you think things through.  
 Controls all of your senses, but it's still a mystery  
 'Cause scientists keep finding out new discoveries, about your...  
 (Chorus) Brain, Brain, Brain, It only weighs 3 pounds Your Brain, Brain, Brain, the smartest thing  
 around Your Brain, Brain, Brain, a miraculous machine The most super-charged computer the  
 world has ever seen.

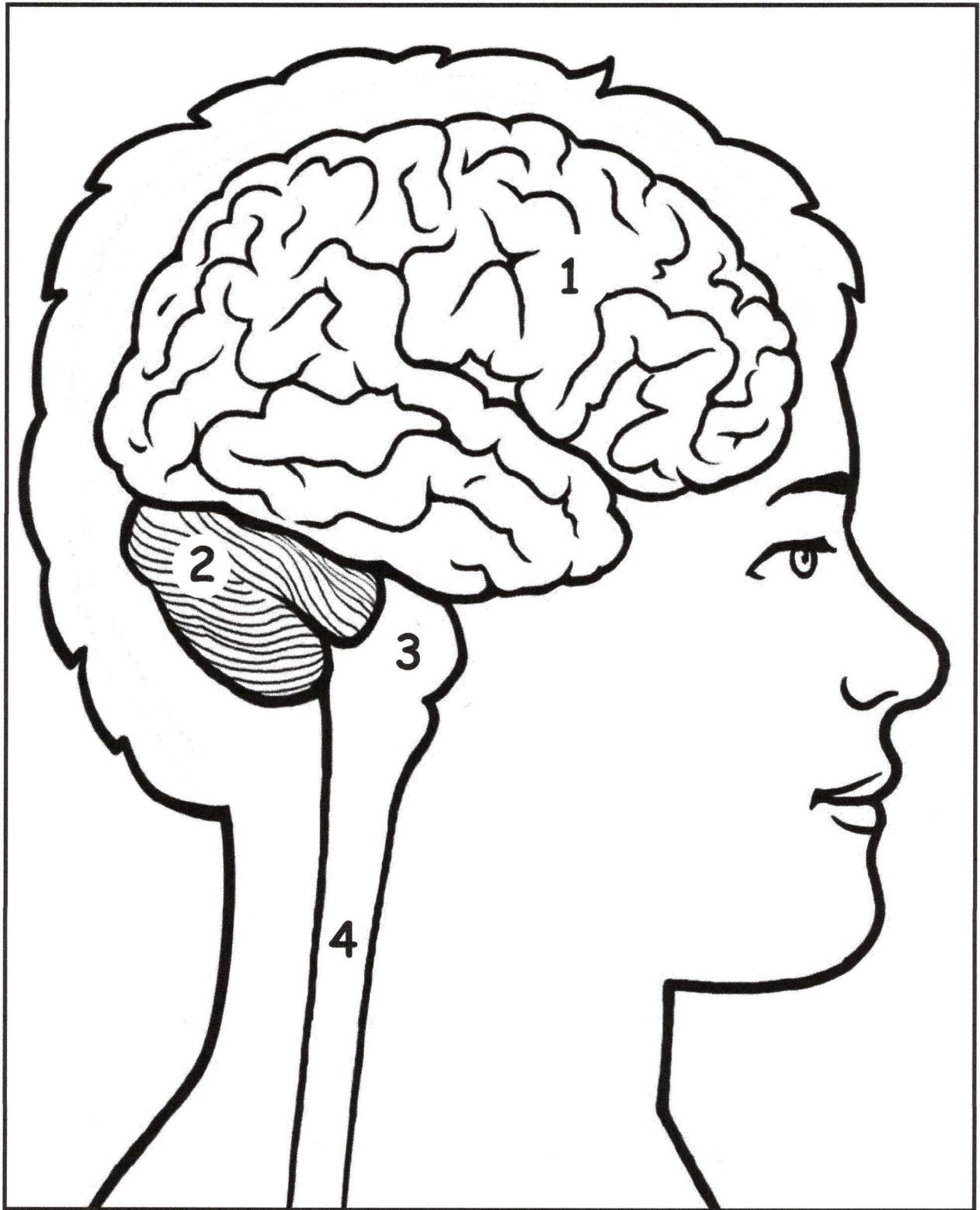
**Procedure:**

Step 1	Ask questions...What is your name? What is your address? How do you brush your teeth? How do you dream at night? How does your heart know to keep breathing? These are all things that are controlled by the brain.
Step 2	Watch video - How Your Brain Works
Step 3	Discuss what the major functions of the brain are. Make sure to include that the brain is the command center of our body. Different parts of the brain controls different parts of your body. The brain tells us when do breathe, how, to move, how to think, feel, and stores our memories.
Step 4	Have students color the worksheet “Brain” with the parts labelled. Discuss that the number 1 The <i>Cerebrum</i> - is the biggest part of the brain and is found in the front and top of the brain. The cerebrum controls speech, movement, our 5 senses, thought, and emotions. 2. The <i>Cerebellum</i> , in the back controls our movement and balance. 3 .The <i>brain stem’s</i> job is to control our breathing, digestions, and the heartbeat. The <i>Spinal Cord</i> controls what and how we feel.
Step 5	Show the video and sing the Brain, Brain, Brain Song. You can display the lyrics included above.
Step 6	Color final coloring sheet “Brain” to be added to final lesson and project, “My Body”.

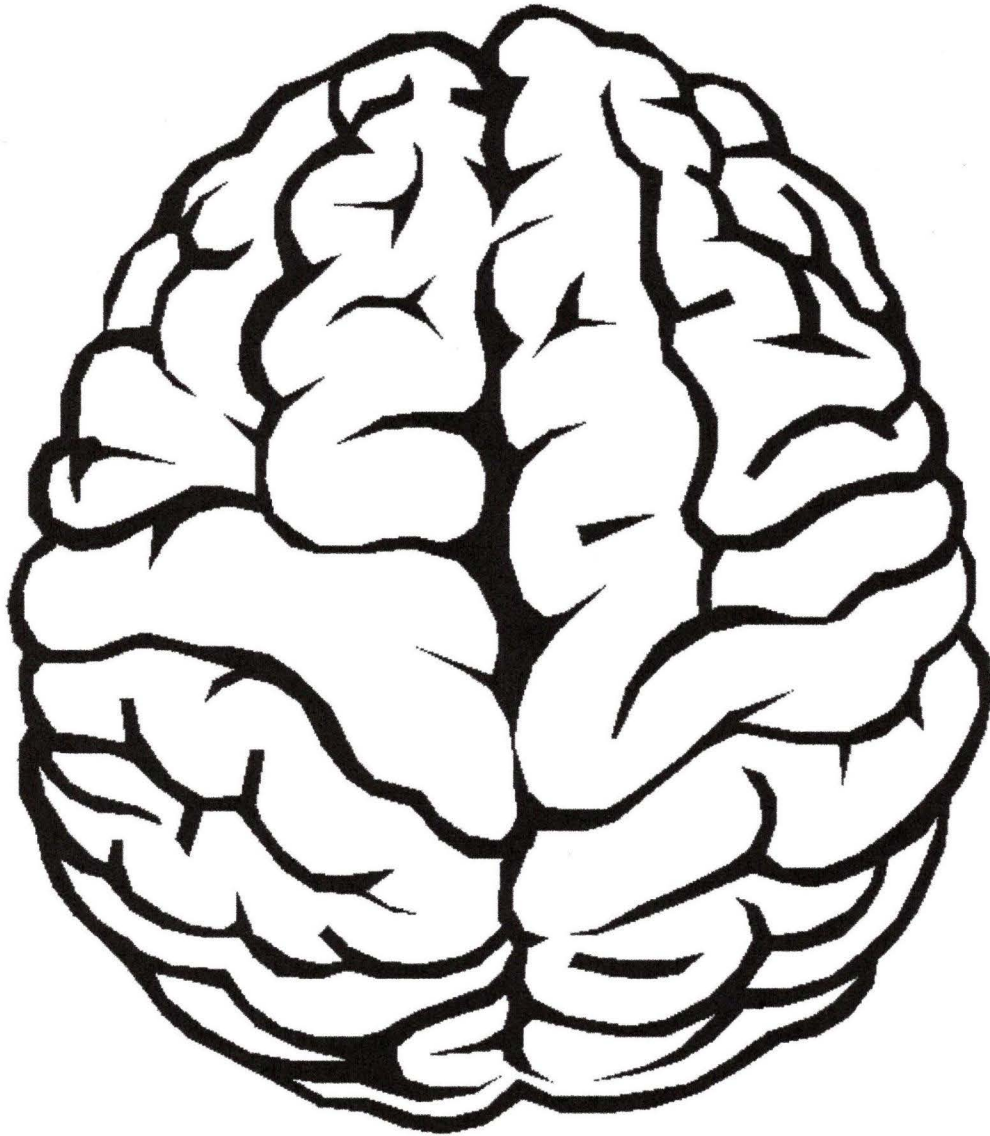
Assessments, References, & Sources:

- You Tube video – How The Brain Works –Kidshealth.org
- <https://youtu.be/-nH4MRvO-10>
- Coloring sheet “Brain”, education.com/worksheets
- Coloring sheet “Brain”, DTLK.com - Body Parts
- Brain ,Brain, Brain Song by Story Bots  
<https://www.youtube.com/watch?v=Nnl7DLSNFV8>

# Brain



1. cerebrum 2. cerebellum 3. brain stem 4. spinal cord



brain