

Summer Brain Health Activity Guide Grade K-2



Know Your Neuro

Quiz Questions



1. What is the brain's rule? Answer: Use It or Lose It
2. What does the brain's rule mean? Answer: If you do not use your skills, you may lose them.
3. What are the three skills to practice over the summer discussed in the video? Answer: 1) Friendship skills. 2) Make good choices. 3) Refusal skills.
4. What does it mean to be an 'includer'? Answer: Includers ask others to join in activities. Includers do not leave anyone or any group out.
5. What good choices could you make this summer? Answer: Spending time with friends, reading, doing math, playing outside, and keeping a journal.
6. What are refusal skills? Answer: Your ability to say no, especially to things that make you uncomfortable or risky behavior.

Long-Term Learning

Summer Friendship Plan

Ask students to share or write down a list of people they would like to stay in touch with over the summer. Brainstorm ways to stay in touch like asking parents to book play dates, getting phone numbers or addresses, or introducing yourself to new people.

Be an Includer Brainstorm

Challenge students to think of as many ways as they can to be an includer over the summer. Ask students to share their answers with the class. Write their answers on the board. Then, have students vote on the kindest, weirdest, and funniest ways.

Summer Use It or Lose It Plan

Ask students to share their summer plans with the class but these plans should include the three skills: 1) friendship skills, 2) making good choices, and 3) refusal skills. So, their plans should describe how they will use their friendship skills, what good choices they will make, and how they will say 'no' to risky things or things that make them uncomfortable. Describe how the brain needs to practice skills, especially during the summer, or they may lose them.

How Will You Say 'No' to Risky Behavior?

Read the following scenarios and ask students to share how they would say 'no':

1. Someone dares you to eat worms.
2. A friend asks you to stay on a game longer than your parents allow you to play it.
3. A group of friends tells you to leave someone out.
4. Someone asks you to do something that makes you feel uncomfortable.
5. The person next to you wants to copy your answers on a test or assignment.
6. A stranger asks you to get into their car.
7. Someone dares you to do an online TikTok challenge.
8. A friend wants you to join in to be mean to someone.



Reading & Math Skills

Make a list of all the books students want to read over the summer. Ask students to make a commitment to read every day. Ask students to brainstorm different ways they could calculate math over the summer. An example would be to calculate trip miles, counting games, or helping parents add the tip on checks.