

Brain Healthy Behaviors

Setting: In a classroom

Subject: Biology - Neuroscience - Health

Grade Level: 7th-12th grade

Time Frame: 30 min

Student Objectives:

1. Identify behaviors that are brain healthy

Materials:

1. 10 Ways to Love your Brain handout
2. Healthy Behaviors Bingo Cards

Background:

In this activity, students will learn about brain healthy behaviors that can be started at any age. The Bingo activity will get them moving around and interacting with their classmates while learning about actions they can take, or already do, to keep their brain healthy.

What to know before you teach:

This information is primarily for the teacher's background knowledge and the slides are for students. Ample notes are provided for each slide.

- There is a growing body of research providing evidence on modifiable risk factors for cognitive decline. Research studies are being conducted to evaluate how lifestyle modifications, such as what are found in the 10 Ways to Love your Brain handout, impact cognitive function.

Procedure:

1. Now that we have a better understanding of what Alzheimer's disease is from a biological and clinical standpoint, let's talk about ways to keep our brain healthy.
2. Hand each student a bingo card and provide them with instructions.

Additional Resources:

- **Prevention Research:** https://alz.org/alzheimers-dementia/research_progress/prevention
- **US POINTER Study:** <https://alz.org/us-pointer/overview.asp>