



Healthy Living Series II – “Take Control – Protect Your Brain”

ACTIVITIES AND RESOURCES
FOR THE CLASSROOM TEACHER

CURRICULUM AREA: SCIENCE

- **Egg Drop**
Students will use eggs to test a variety of material for protection against injury. Students will wrap the eggs in material to determine which best protects the egg from breaking. Styrofoam should be included as an option in order to replicate the way a helmet protects the head from injury in a fall.

CURRICULUM AREA: ART

- **Bulletin boards**
Student will create bulletin boards that address brain injury prevention throughout the classroom and school. They can use a variety of media.
- **Collages**
Students will use magazines to find pictures of people being safe and unsafe when it comes to wheels. These pictures would be assembled to create either individual collages or a whole class collage. Display the collages in the hallway, designating the area as the "Hall of Safety" or the "Hall of Danger."

CURRICULUM AREA: LANGUAGE ARTS

- **Letter Writing**
Students will write letters to their local newspaper or legislators about the importance of helmets and wheel safety.

CURRICULUM AREA: LANGUAGE ARTS, DRAMA

- **Role-playing safety**
Students will create skits/scenes for helmet use and safe behaviors on wheels. An example would be one student convincing another about the importance of bike helmets.

CURRICULUM AREA: ART, LANGUAGE ARTS, GROUP BUILDING

- **Build a better....**
Students work in small groups (3-5) brainstorming to create "better" safety products. An example would be to build a "better" helmet. They could draw a helmet that would have all of the features that they need to write a presentation for their design describing its features and present it to the class.

CURRICULUM AREA: SCIENCE, MATH

- **Observational studies**

Students will conduct observational studies at the school to determine how many students wear helmets. They can evaluate the data based on day of the week, time of the day, student grade, etc. they would then chart what they learned about student behavior and share it with the principal. They could also post their findings at the school entrance.

Videos available for loan:

- Bill Nye the Science Guy
A Disney video, which teaches children about bicycle safety in a fun manner. It covers hand signals and rules of the road to valuable tips from professional cyclists. (Length 16:48)
- Jello in a jar
The making of: "How to ride a bike & stay alive at the same time. Geared toward middle school age students (Length 7:54)
- Bicycle Safety Camp
Geared toward elementary school age students (Length 25:00)
- Ride Smart – It's time to Start (Length 8:55)
- Professor Helmut on Helmets (Length 5:52)
- I'm Safe in the car (Length 10:00)
- In-Line Skating: Basic and advanced skills (Length 22:00)
- Skiing and Snowboarding Safety

3rd Grade

Vocabulary words:

Brain

Spinal Cord

Key concept:

5 Senses

Seeing

Hearing

Tasting

Smelling

Touching