

Station 6 Hands-On Activity: Scavenger Hunt

Answer the following questions and do the activities below to practice using your brain and staying healthy at home!

1. What are the steps of scientific inquiry?

1. _____

2. _____

3. _____

4. _____



- Find something in your house that you can use to **observe** when you conduct scientific experiments.

What is it?

2. Stand on one leg. Which part of your brain helps you to not fall over?

The _____

- Do two things that are controlled by the right hemisphere of your brain.

1. _____

2. _____

3. Alex is going to the grocery store with his mom. What should he do in the car to protect his brain?

- Find 3 foods in your kitchen that are good for your brain.

1. _____

2. _____

3. _____

4. What are 2 drugs that are always harmful to children?

1. _____

2. _____

- With your parent's help, find two drugs at the store or in your house that you can take when you are sick.

1. _____

2. _____

5. Kate is playing catch with her brother. She throws the ball to him. How does her brain tell her arm to throw the ball?

It sends a message through

_____.

Station 6: New Health City

- Play catch with someone in your family. What else does your brain tell your body to do?
-

6. Take a deep breath. Name a part of your body that helps you breathe. Name something harmful and smelly that makes it hard to breathe?

- With a parent or friend, act out what you would do if someone offered you a cigarette.

7. Circle one: Caffeine is a

Depressant

Stimulant



- Find something in your house or at the store that has caffeine in it.
-

8. What is your brain made of?

- Draw one in the space below:

9. Tell a joke to a friend. Did this person laugh?

Yes

No

- What part of the the brain controls emotions like laughing?

10. What is one harmful chemical found in cigarettes?

- Can you name another one found outside your house? Which chemical? Where?
