

LESSON 2

Hippocampus



OBJECTIVE: Students understand how alcohol can harm their brain development.

GRADE LEVEL: 6-12

TOPIC: The Brain

TIME: 30-45 minutes

VOCABULARY: SADD, Alcohol

MATERIALS NEEDED: None

STARTER:

- Review that SADD is an acronym for Students Against Destructive Decisions.
- Ask the students if they remember how old you are when your brain is fully developed. Answer: **25**
- Remind the students that this does not mean they are done learning by 25.
- It just means their brain is done developing and growing.
- Today, we are going to talk about a particular part of the brain. It is called the hippocampus.
- Ask the class to repeat that word back to you.
- The hippocampus is the part of the brain that stores your memories.
- Today, we will be playing a memory game.

ACTIVITY:

- The students form a circle.
- The first person will say an adjective that describes them that starts with the first letter of their first name. Ex: Silly Summer
- The next person will say, "Silly Summer, Terrific, Trevor."
- It will go all the way around the circle. The first person will go last and have to say every single person in the circle.

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WRAP UP:

- We use our memory every day.
- Why do we need our memories? Allow the students to respond—examples: studying for tests, your name, an address, a phone number, etc.
- Where are our memories stored again? Answer: Hippocampus
- Our hippocampus is essential for all of the reasons we just listed.
- Remember, alcohol is a chemical substance that can alter the way your mind and body function.