

LESSON 3

Cerebellum



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

GRADE LEVEL: 6-12

TOPIC: The Brain

TIME: 45-50 minutes

VOCABULARY: Cerebellum, Alcohol

MATERIALS NEEDED: Access to the song footloose, space for students to move around

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 cerebellum.
- Ask the class to repeat that word back to you.
- The cerebellum is the part of the brain that is in charge of your coordination.
- Can anyone tell me what coordination means? Wait for responses.
- Explain coordination- the ability to use different parts of the body together smoothly and efficiently. Example: hand-eye coordination.
- Today we will be dancing!

ACTIVITY:

- The activity is to teach line dances step by step.
- These can either be taught by the teacher or videos from youtube.
- It does not need to be a particular line dance, but the activity is to have the students dancing.
- The dancing should take up the majority of the lesson.
- If the students learn one quickly and perform it well, they can do multiple line dances for this lesson.

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WRAP UP:

- Our cerebellum is essential.
- What is something we need our coordination for daily? Wait for responses.
- Some examples of coordination are: hand-eye coordination in sports, walking, talking, etc.
- Coordination is critical, and alcohol can damage this part of the brain.
- Your brain is not fully developed until you are 25, so alcohol can hurt you much worse than an adult.
- Remember, alcohol is a chemical substance that can alter the way your mind and body function.
- You need your coordination skills, and we keep them safe by not messing with alcohol or using other drugs.
- Inform students that alcohol IS a drug!!