Lesson 4

Grade Level: 3rd-6th	**Time Frame:** 60 minutes	**Content Areas:** Science, Digital Learning

What are we learning?
Skills to consume information about the brain.

Why are we learning this?
We must know how to critically consume information, especially digital information.

Introduction *(30 minutes)*
-State what students are learning and why they are learning it.
–Go through the Powerpoint with your class. Have students take notes.

Activity *(20 minutes)*
-Every student needs a copy of the "Station Rotation" paper.
-Students will travel around the room, spending about 3 minutes at each station. They need to decide if the information is trustworthy or unreliable. As they work through the stations, walk around the room to support their thinking.

Discussion *(10 minutes)*
-Review the answers for "Station Rotation" as a class. You can project the stations on the board for all students to revisit.
-Allow students to share their reasons as to why they decided if a source was trustworthy or unreliable. (There are no black and white answers for this, students may have answers that surprise you and are valid.)

Closure
End with students answering the question: What questions can I ask when science information is shared with me? (Where is this information from? Can you explain the information more? Is this clickbait? What does that word/term mean?) You could make these questions into an anchor chart for your classroom.

Materials
-Neuroscience Consumer Powerpoint
-Stations 1-6 printed and taped around the room

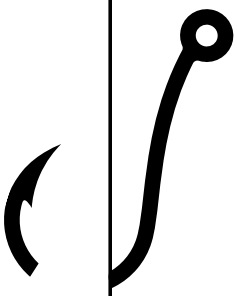
Helpful Hint
-During the Station Rotation activity, it may be helpful to write these questions on the board:Does it sound like clickbait? Are their sources, authors, or citations? Can I ask questions?

Extra Resources
-How False News Can Spread by Ted Ed
-Avoiding Clickbait lesson by Common Sense Media

HOW TO CRITICALLY CONSUME INFORMATION ABOUT THE BRAIN

Name:_____ Date:_____

Clickbait: Clickbait can be pictures, videos, or text designed to make you click.



Look for information

- What is the source?
- Who is the author?
- Are there multiple sources that verify this information?
- When was this published?
- What is the purpose of this information?

Ask questions: What questions could you ask?

Station Rotation

Name:_____ Date:_____

Station	Title	Clues	Trustworthy or Unreliable?
1			
2			
3			
4			
5			
6			

Station Rotation

TEACHER COPY

Name:_____ Date:_____

Station	Title	Clues	Trustworthy or Unreliable?
1	"Studies suggest that there could be a link between diet and mood."	"could be", citations, no big claims	trustworthy
2	"Auditory learners can learn information better than visual learners."	"New Fun News!", bold claims, information that may be hurtful	unreliable
3	"Scientists discover the smartest people in the world only sleep 5 hours a night."	text message, no source mentioned, shocking claim, information that may be hurtful	unreliable
4	"Scientists uncover how emotions can shape what we remember."	"scientists are learning", "can shape", citation, no shocking claim	trustworthy
5	"Scientists say that eating strawberries before a math test will improve your test score!"	advertisement, no citation, flashy images to create shock	unreliable
6	"The ability to focus and follow instructions are skills that can improve throughout your entire life."	"can improve" citation, no shocking claim	trustworthy

STATION 1

FRIDAY, 5TH MAY 2023

NEURO NEWS

ALL THE NEWS YOU NEED ABOUT THE BRAIN

Studies suggest that there could be a link between diet and mood.

Your brain, like a powerful machine, needs the right fuel to work its best, and that fuel comes from the food you eat. Eating healthy foods with lots of vitamins and minerals nourishes your brain and protects it from damage. Studies show that diets high in processed foods and sugars can harm your brain and affect your mood, while traditional diets rich in fruits, vegetables, and fish can lower the risk of mood problems.

(Harvard Health, 2022) (Columbia University, 2023)

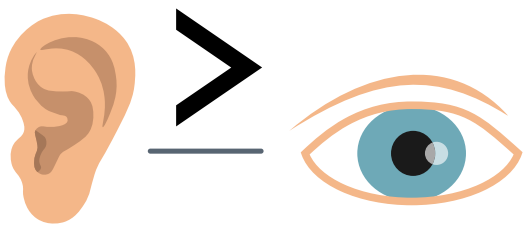
STATION 2

New Fun News!

123 ANYWHERE ST., ANY CITY 23RD MAY, 2025

Auditory learnerz can learn information better than visual learnerz.

People who learn from listening are smarter than people who learn from looking. Scientists used brain imaging to discover than people can either be auditory learners or visual learners. Everyone shoudl learn from listening!!!!!



STATION 3

STATION 4

Scientists uncover how emotions can shape what we remember.

By: Emma Bleakman

Scientists have discovered how feelings can change what we remember. Emotions like happiness or fear affect how well we learn and remember things. By studying the brain, scientists are learning more about how emotions and memory are connected. Understanding this connection can help teachers create better ways for students to learn in classrooms and online.

(Tyng et al., 2017)

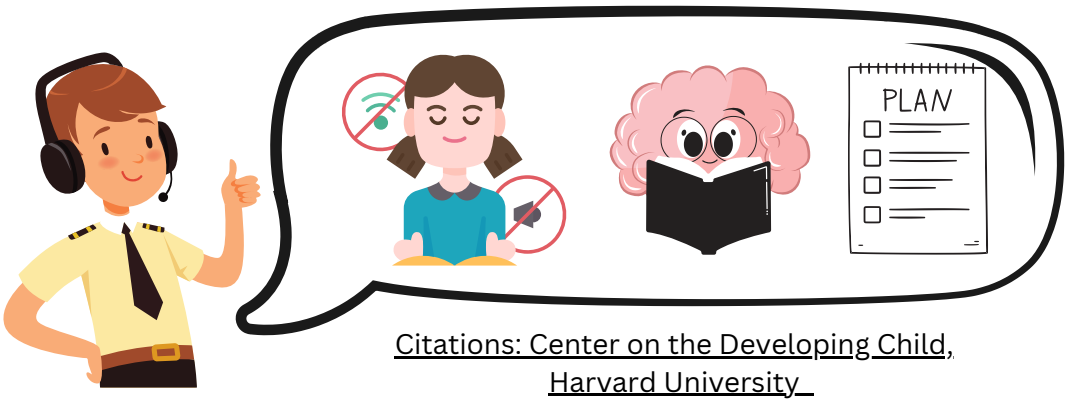
STATION 5

Get your strawberries today!

Scientists say that eating strawberries before a math test will improve your test score!

STATION 6

The ability to focus and follow directions are skills that can improve throughout your entire life.



Citations: Center on the Developing Child, Harvard University

We aren't born knowing how to plan, stay focused, or control impulses, but we have the potential to learn these skills as we grow. Our genes give us a starting point, but our experiences shape how well these skills develop. Adults can help by providing opportunities for practice and support, like setting up routines and playing games that challenge us to think and follow rules. As we learn and practice, our brain's "air traffic control system," called executive function, gets stronger, helping us succeed in school, friendships, and life.