**Title**

Think in Colors

**Time**

Pre-session preparation for learners:  5 minutes

Session:  20 minutes

**Materials Checklist**

Think in Colors Poster

Post It Notes

Pen/Pencil

**Objectives**

To identify what a brain looks like after 20 minutes of sitting

To identify what a brain looks like after 20 minutes of activity

**Learners will be able to:**

Identify what their brain looks like after 20 minutes of sitting

Identify what their brain looks like after 20 minutes of activity

Identify what the brain photos mean to them

**Exercises and Activities to Complete Before and During the Session**

Writing what the Thinking in Color poster means on a Post It Note.

**Pre-session Preparation**

**Read (5 minutes)**

Review the Think in Colors Poster and Display

**During the session**

**Present/Review (5 minutes)**

Read the two statements: 1) This is your brain after 20 minutes of sitting. 2) This is your brain activity after 20 minutes of walking/playing/running.

**Discuss (15 minutes)**

Ask participants what this means to them and have them write the answer on a Post It Note.

Have them place the Post It Notes on the Think in Colors Poster and discuss the answers given.