LESSON 3:
HIPPOCAMPUS

STARTER:

Review SADD and the organization's meaning.

Review the Brain Song from lesson 1.

Ask the students, "How old are you when your brain is fully developed?"
Answer: **25**

Remind students that this does not mean you are finished learning at 25. It just means your brain's development is complete and it's done growing.

Today we are going to talk about a very specific part of the brain. It is called the hippocampus.
- Ask the class to repeat the word 'hippocampus' back to you.
- The hippocampus is the part of the brain that stores your memories.
- Ask students, "Can anyone tell me what a memory is?" (Wait for responses.)
- Allow time for students to share their own memories by asking, "Does anyone have a memory they would like to share?"

Explain to students that today they will be playing a memory game.

ACTIVITY 1:
Watch the video provided to learn more about the memory game. This is something students can easily play at their desks or in small groups.

ACTIVITY 2 (RECOMMENDED FOR 5TH GRADE):

Have students form a circle.

The first person will say an adjective that describes them that starts with the first letter of their first name. *Example: Silly Summer*

The next person will say "Silly Summer, Terrific Trevor"

The game will continue as it travels all the way around the circle. The first person will go last and have to say every single person in the circle.

WRAP UP:

Alcohol is a chemical substance that can alter the way our minds (our memories) and bodies function.

We use our memory every day. Ask students, "why do we need our memories?" Give the students an opportunity to respond. Examples of appropriate answers: studying for tests, your name, an address, a phone number, etc. Remind students that our memories are stored in our brain's hippocampus.