

Mind and Body Storyboard

Introduction: The importance of exercise for our minds and bodies.



Learning Objectives:

1. Identify the benefits of regular exercise.
2. Describe how you can influence our mind and body connection.
3. Indicate the functions of hormones released during exercise.

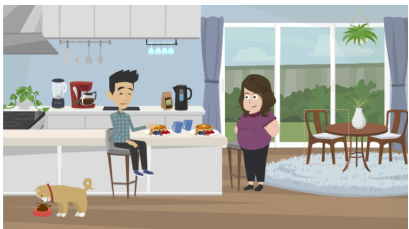
Characters:

Bob Mom




Outline:

- Introduction: Importance of exercise on bodies and minds
- Teaching benefits of moving our bodies
- Learning Objectives
- How to influence mind and body connection for your benefit.
- Ask people what benefits they have noticed from regular movement.
- Helpful Hormones
- Summary
- Ending Scene

1. [Scene 1] Kitchen			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
	<p>[Starts after scene zooms out]</p> <p>Mom (as she enters screen): "Hi Bob."</p> <p>Bob: "Mom! Hi! How did it go at your doctor's appointment?"</p> <p>Mom: "It was ok, but he said that I really need to start exercising more to help me become healthier and keep my brain sharp as I am getting older."</p>	<p>[Opening scene in kitchen.]</p> <p>Scene will start zoomed in on Bob sitting and eating breakfast. Camera will pan out as Mom enters off screen from the right. (Door opening sound will play)</p> <p>Dog eating food during opening scene and will be animated off screen when narration begins.</p>	<p>Nice soft background music will be playing throughout the scene.</p>


	<p>He mentioned that our minds and bodies are connected???? Did you know this?"</p> <p>Bob: "I did! Many people know exercise is important for our bodies, but not many know how important it is for our BRAINS TOO!</p> <p>Come on. Let's go for a walk and I'll tell you more about it."</p>		
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2. [Scene 2] Walking from the House			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
	<p>[Starts after characters move into screen view]</p> <p>Mom: "What is the big deal bob? Why is it so necessary that I move my body each day?"</p>	<p>Characters will start off screen and walk from left to right using a motion path while talking.</p>	

	<p>Bob: “Well Mom, ,there are so many significant benefits to moving our bodies. I'm going to teach you some of them during our walk together.”</p>		
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3. [Scene 3] Walking in the Forest			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
	<p>Mom: “Do you really think ding some exercise to my routine will help me feel better?”</p> <p>Bob: “YES! absolutely! And after our walk today, you'll be able to:</p> <p>Identify the benefits of regular exercise.</p>	<p>Bob and Mom will be animated to be walking across the screen while talking</p> <p>Learning objectives will fade in as Bob starts speaking about them. Bob will be pointing at them as he says each one.</p>	

	<p>Describe how you can influence our mind and body connection</p> <p>and Indicate the functions of hormones released during exercise.”</p> <p>Mom: “Wow! that sounds great. how about we head to the park and you can teach me more there!”</p>		
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4. [Scene 4] Picnic at Park			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
	<p>Bob: “Now that you know our minds and bodies are connected, let me show you how you can influence this connection for your benefit.”</p> <p>Bob: “The first way is through your Brain! It sends messages to your body about its need for food or water.</p>	<p>As Bob starts sharing the ways you can influence the mind and body connection, screen will zoom in to thought bubbles with</p>	<p>Background music playing (soft sounds of birds and a park feel)</p>

	<p>The second way is through your Body! When you consume food and water it fuels your body and brain together.</p> <p>The third way is through your Muscles! your brain delivers information on how you feel and then tells your muscles how to move.</p> <p>And the fourth way is through Water! Everything you eat, drink and think affects your brain function. It is essential to stay hydrated for proper brain and body function.”</p> <p>Mom: “Wow! so your brain, your body, your muscles AND water all play a large role in influencing your mind and body connection! I got it! “</p> <p>Bob: Yes! You got it! now lets keep walking and i will explain some benefits of regular movement.”</p>	<p>a picture of each influence presented in the bubble.</p> <p>After presenting the four influences, the scene will zoom back out to the original full park image.</p>	
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5. [Scene 5] Playground

Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
	<p>Mom: “Wow! look at all of these people exercising in the park Bob!”</p> <p>Bob: “Yes! They probably know the importance of exercise and the many benefits it has to their bodies.</p> <p>Movement increases the growth of new brain cells which improves memory and cognitive learning.”</p> <p>Mom: “Oh! I have an idea. Why don't we ask them what benefits they have noticed from regular movement?”</p> <p>Bob: “That is a great idea mom! Hi guys! I am teaching my mom about the effects regular exercise can have on your body.</p>	<p>Scene opens up zoomed in on the playground image. It will pan out to reveal the whole scene image with the characters exercising as the music starts.</p> <p>3 characters will be exercising in the park, each doing a different exercise. When it is their time to talk, they will stop their exercise and speak to Bob and Mom.</p>	<p>Background music playing as scene starts (soft sounds of pigeons and people at a park)</p> <p>Bob and Mom characters will have their backs to the learner, facing the people in the park exercising.</p> <p>Speech bubbles will appear each time they speak to show the learner they are speaking, even though they can't see their mouths.</p>

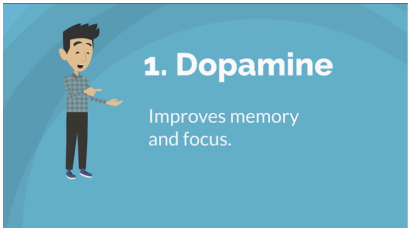
	<p>Would you all mind sharing some benefits you have noticed from moving your bodies daily?"</p> <p>Character 1: "Sure! For me exercise has improved my mental health and mood and has also strengthened my bones and muscles!</p> <p>Character 2: "For me, exercise has helped control my weight and improved my ability to do daily activities!"</p> <p>Character 3:</p> <p>Bob: "Amazing! Thank you so much to you all! That was some great information for my mom.</p> <p>Well, we have another stop and more to learn so we must be going."</p> <p>Mom: "Bye! Thank you for your help."</p>		
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Bob and Mom both wave as mom says bye and thanks them for their help. The other characters wave back.

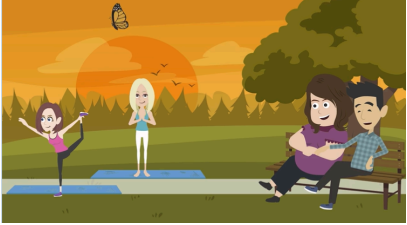
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6. [Scene 6] In the Gym			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
	<p>Mom: “The gym?!! Oh no!”</p> <p>Bob: “Don't worry! I just wanted to show you that there are all types of ways people workout. Some lift weights, some do yoga, some run and others even walk. They all help release very helpful hormones that improve specific functions within your body.”</p> <p>Mom: “Oh really? What types of hormones?”</p>	<p>Mom has a worried look on her face when she sees they are in the gym. Bob laughs after her opening line.</p>	<p>Gym background music plays as the scene starts.</p>

	Bob: "Well. There are three major helpful hormones. Let me explain each one of them."		
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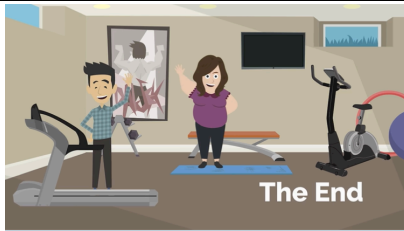
7. [Scene 7] Hormones/Blue Background			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
	<p>Bob: "Dopamine. Helps to improve memory and focus." [Slide 1]</p> <p>Bob: "Serotonin. Helps to reduce stress and improve your overall mood." [Slide 2]</p> <p>Bob: "And Endorphins. Helps to reduce pain and increase good feelings!" [Slide 3]</p>	Bob avatar will be animated while presenting the types of hormones	Use a solid colored background with just Avatar of Bob and the names and descriptions of the hormones

8. [Scene 8] Sunset in the Park

Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
	<p>Mom: “Wow bob. I learned so much today. Thank you for showing me why exercise is so important for my body and my brain. I am definitely going to make an effort to move a lot more.”</p> <p>Bob: “I am so happy to hear that mom! Once you make a commitment to yourself and move your body on a regular basis, you will begin to feel all those benefits we learned about.”</p> <p>Now. Let's get moving, shall we?”</p>	<p>Scene will start zoomed in and pan out to reveal the whole scene of the park and sunset while Mom and Bob are sitting on the bench talking.</p> <p>Animate a butterfly floating around the scene as the characters speak.</p>	<p>Use a nice serene background music that goes along with a sunset and relaxing vibe.</p>

9. [Scene 9] Home Gym

Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments



No script for this scene.

Scene will animate in with Bob and Mom exercising in a home gym scene.

After a few seconds of exercising, they will turn and face the learner and wave.

THE END will then animate in for the last part of the scene.

Use background music that shows excitement and a good ending to the course.