



**CARE FOR AGING SISTERS  
ASSOCIATION IN KENYA  
(CASAK)**

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**TOOL KIT FOR SCHOOLS**

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The Care for Aging Sisters Association in Kenya (CASAK) is a grantee awardee 2026



GRANT AWARDEE



CASAK will celebrate the Brains Week campaign, “**Our Brains, Our Future,**” will take place from 9–14 March 2026 in Nairobi.

*Join us on 4<sup>th</sup> March 2026, to flag off the week at Vendramini and Teresa Nuzzo Schools on the Northern bypass Nairobi, to celebrate the wonders of the brain and support global brain health awareness. I hope to see you there!*

### ***Important Note***

*This Brain Awareness Week guide for participating schools was prepared by the Care for Aging Sisters Association in Kenya (CASAK) to help teachers facilitate the Brain Awareness week and help learners to know much about the brain, appreciate the brain and gain skills in healthy living. The information shared is for learning and awareness only. It is not medical advice. If you have health concerns, please speak to a parent, teacher, or a qualified health professional.*

*The ideas shared during discussions are meant to encourage learning and do not represent official medical instructions.*

*This material may be used for school learning activities with proper acknowledgment of the partners.*

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## **About CASAK**

The Care for Aging Sisters Association in Kenya (CASAK) is a national faith-based organization dedicated to promoting the dignity, wellbeing, and holistic care of aging and infirm religious sisters in Kenya. CASAK works collaboratively with congregations, training institutions, health professionals, and community partners to strengthen systems of care, prevention, and support across the life course.

## **Partnership with schools**

By partnering with schools, CASAK supports prevention rather than crisis, complements the Competency-Based Curriculum (CBC), strengthens Health Education and Life Skills, and builds bridges between education, families, and community care. The Brain Week will inspire young minds, equip caregivers, and promote equitable mental health and geriatric care through school outreach, community engagement, and public dialogue.

### **Introduction**

This toolkit supports schools and communities to host Brain Awareness Week activities that promote brain health, wellbeing, and intergenerational connection. It complements Kenya’s Competency-Based Curriculum (CBC) under Health Education, Life Skills, Integrated Science, and Social & Emotional Learning.

The Brain Awareness Week Kenya 2026 logo reflects the theme “Our Brains, Our Future.” The circular shape symbolizes unity and shared responsibility for brain health. At the center is a colorful brain representing thinking, memory, emotions, and creativity. Surrounding it are children, caregivers, educators, and elders, highlighting intergenerational learning and solidarity.

Caring for our brains helps us learn better, live well, and care for one another today and for the future. Caring for our brains today builds a stronger future for all.

### **Recommendations to the teachers**

- Use simple, respectful language
- Avoid medical diagnosis
- Encourage participation, not perfection

- Being sensitive to learners’ experiences
- Link lessons to real life

## TEACHERS’ LESSON PLANS

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### LESSON PLAN 1: EARLY YEARS

**Title:** My Amazing Brain

**Age Group:** 5–7 years | **Duration:** 30 minutes

**Objective:** Learners recognize the brain as important and practice brain-healthy habits.

#### CBC Learning Areas

- Environmental Activities
- Health & Safety
- Life Skills

#### Lesson Objective

Learners should be able to:

- Recognize the brain as an important part of the body
- Mention simple things the brain helps us do
- Practice one brain-healthy habit

#### Materials

- Brain picture or sketch
- Crayons / pencils
- Chart paper

## Lesson Steps

### 1. Introduction (5 min)

Ask learners:

*What helps us think? What helps us remember songs?*

Introduce the brain as a “helper inside our head.”

### 2. Main Activity (15 min)

- Show a simple brain picture
- Explain: *The brain helps us think, feel, move, and learn*
- Learners draw and color a brain

### 3. Brain-Healthy Habit Talk (5 min)

Discuss:

- Sleeping well
- Eating healthy food
- Being kind

### 4. Conclusion (5 min)

Learners say one thing they will do to care for their brain.

## Assessment

- Participation in discussion
- Ability to mention one brain function

## LESSON PLAN 2: PRIMARY SCHOOL

**Title:** *Caring for Our Brains*

**Age Group:** 8–12 years | **Duration:** 40 minutes

### **CBC Learning Areas**

- Science & Technology
- Health Education
- Life Skills Education

### **Lesson Objective**

Learners will:

- Identify basic functions of the brain
- Explain how daily habits affect brain health
- Commit to at least one brain-healthy habit

### **Materials**

- Brain diagram
- Blackboard / flip chart
- Brain-Healthy Habits checklist

### **Lesson Steps**

1. Starter Activity (5 min)

Ask:

*What happens when you don't sleep enough?*

Link answers to the brain.

2. Brain Functions (10 min)

Explain simply:

- Thinking

- Memory
  - Emotions
  - Movement
3. Group Discussion (15 min)

In groups, learners discuss:

- Sleep
- Food
- Exercise
- Learning
- Friendship

Each group shares one habit that helps the brain.

4. Personal Reflection (5 min)

Learners write or say one habit they will practice this week.

5. Wrap-Up (5 min)

Reinforce the message:

*Healthy brains help us learn and care for others.*

### **Assessment**

- Group participation
- Learner reflection responses

## LESSON PLAN 3: SECONDARY SCHOOL

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**Title:** My Brain, My Choices, My Future

**Age Group:** 13–18 years | **Duration:** 45 minutes

### CBC Learning Areas

- Integrated Science / Biology
- Health Education
- Social & Emotional Learning

### Lesson Objective

Learners will:

- Understanding the brain's role in emotions and behavior
- Recognize how stress affects learning and choices
- Identify healthy ways to manage stress

### Materials

- Brain illustration
- Scenario cards (optional)
- Reflection sheets

### Lesson Steps

1. Opening Question (5 min)

*Why do people make poor decisions when stressed?*

2. Mini-Talk (10 min)

Explain:

- Brain and emotions
- Stress and focus
- Importance of rest and support

3. Group Activity (15 min)

Discuss scenarios such as:

- Exam stress
- Peer pressure
- Lack of sleep

Groups suggest healthy responses.

4. Reflection (10 min)

Learners reflect:

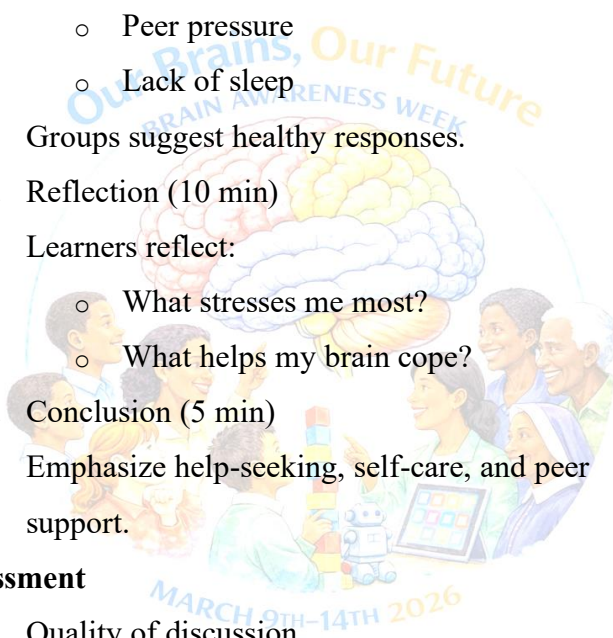
- What stresses me most?
- What helps my brain cope?

5. Conclusion (5 min)

Emphasize help-seeking, self-care, and peer support.

**Assessment**

- Quality of discussion
- Reflection responses



## REFLECTION SHEETS

### Reflection Sheet 1: Early Years (5–7 years)

#### My Amazing Brain

- ✓ My brain helps me to think, learn, play, feel, and move.
- ✓ Draw and color your brain.
- ✓ I will care for my brain by sleeping well, eating healthy food, and being kind.

### Reflection Sheet 2: Primary (8–12 years) Caring for My Brain

One thing I learned about my brain:

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Brain-healthy habits: sleep, food, exercise, learning, friendship.

My commitment this week:

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### Reflection Sheet 3: Secondary (13–18 years) My Brain, My Choices, My Future

One way stress affects learning or decisions:

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Healthy coping strategies I will use:

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One positive change I commit to:

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## SLEEP & BRAIN HEALTH

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### WHY IS SLEEP IMPORTANT?

#### 1. Sleep Cleans the Brain

During deep sleep, the brain removes toxins that build up during the day.

#### 2. Sleep Strengthens Memory

What you learn today is stored and organized while you sleep.

#### 3. Sleep Balances Emotions

Good sleep improves mood, focus, and decision-making.

### HOW MUCH SLEEP DO WE NEED?

- Teenagers: 8–10 hours
- Adults: 7–9 hours
- Older Adults: 7–8 hours

### WHAT HAPPENS WITHOUT ENOUGH SLEEP?

- Poor concentration
- Irritability and stress
- Weakened immunity
- Reduced learning ability

### SIMPLE SLEEP TIPS

- ✓ Keep a regular sleep schedule

- ✓ Avoid screens before bedtime
- ✓ Reduce caffeine in the evening
- ✓ Create a quiet, dark sleeping space
- ✓ Practice calm reflection or prayer before sleep

## **STRESS & BRAIN HEALTH**

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Take Care of Your Amazing Brain!

What is Stress?

Stress is how your body reacts when you feel worried, scared, or under pressure.

A little stress can help you focus — but too much stress is not good for your brain.

### **When Stress Lasts Too Long...**

It makes it hard to concentrate

You may forget things easily

You may feel angry or sad quickly

You may have trouble sleeping

Your brain works best when it feels calm and safe.

### **How to Keep Your Brain Healthy**

- ✓ Get enough sleep
- ✓ Take deep breaths when worried
- ✓ Talk to a teacher, parent, or friend
- ✓ Exercise and play outside

✓ Pray or take quiet time

✓ Eat healthy foods

**Remember:**

A calm brain is a strong brain!

Take care of your brain, it takes care of you.

## ADDITIONAL CONTENTS FOR TEACHERS

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### 1. Session Overview

Target Audience: Schools, Youth Groups, Community Members

Duration: 2–3 Hours

Purpose: To promote brain health awareness, healthy lifestyle habits, and interest in neuroscience and healthy ageing.

### 2. Learning Objectives

- Understand that the brain is part of the body and central to overall wellbeing.
- Identify five key habits that protect brain health.
- Recognize the impact of stress on memory and concentration.
- Encourage healthy lifestyle choices among participants.
- Inspire curiosity about neuroscience and health-related careers.

### 3. Session Flow

#### A. Opening (15 Minutes)

Icebreaker Question: What does the brain help us do?

Group affirmation: 'My brain helps me think, feel, decide, and grow.'

#### B. Understanding the Brain (30 Minutes)

- Key Teaching Points:
  - The brain controls thinking and learning.
  - It regulates emotions and memory.
  - It guides movement and decision-making.

#### C. The Five Brain Health Pillars (40 Minutes)

- Sleep well (7–9 hours depending on age).
- Eat nutritious food rich in fruits, vegetables, and whole grains.
- Exercise regularly to improve blood flow to the brain.
- Manage stress through breathing and relaxation.
- Avoid drugs and harmful substances.

#### D. Stress and the Brain (20 Minutes)

Explain how stressful hormones affect concentration and memory.

Breathing Exercise: Inhale 4 seconds, hold 4 seconds, exhale 4 seconds. Repeat 5 times.

#### E. Interactive Brain Activities (20 Minutes)

- Memory recall challenge (list of 10 objects).
- Coordination activity (opposite hand and foot tapping).

- Reaction time game.

## **F. Careers in Brain Science and Health (20 Minutes)**

- Neurologist
- Neuroscientist
- Psychologist
- Geriatric Care Specialist
- Occupational Therapist

## **G. Reflection and Commitment (15 Minutes)**

Invite participants to share one brain-healthy habit they will practice starting today.

**Closing Message: Healthy Brain, Healthy Future.**

## **APPRECIATION**

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Dear Participants and Partners,

Thank you for your enthusiastic participation in Brain Awareness Week 2026. Your engagement helped us promote the message that our brains are our future and that brain health matters at every stage of life.

Together, we strengthened awareness, inspired learning, and encouraged healthier communities. Your presence made this initiative meaningful and impactful.

With sincere appreciation,

Care for Aging Sisters Association in Kenya (CASAK)