

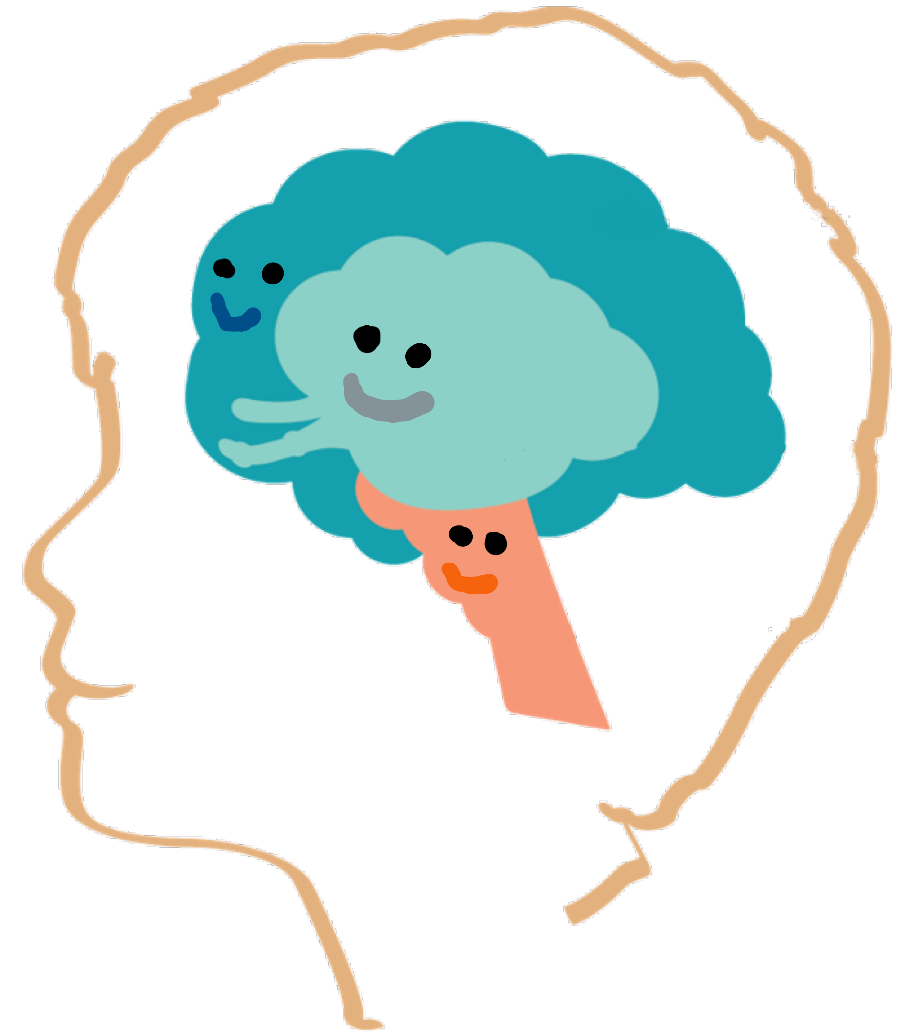


My Brain House

My Brain grows upwards step by step

Welcome to Your Brain

- Our brains are amazing. They help us do everything.
- Our brains grow up, from the bottom to the top, step by step.
- Our brains keep growing and changing all the time.



Important brain parts that help us in different ways



**Thinking
Part**

I grow last.

I am the thinking part of your brain.

**Feelings
Spot**

I grow second.

I am a spot where your feelings live.

**Keeping My
Body Going
Part**

I grow first.

I keep your body going.

Optional Activities to have a go at today or over the week



Keeping My Body Going Part- I keep your body going. I am in charge of things like your breathing, heart rate and temperature control.

* Encourage students to feel their pulse- which is an indication of their heart beating. Encourage them to notice their breathing as they feel their chests and tummies move in and out in a rhythmic way. These things keep going by themselves all the time thanks to the bottom part of our brain. It doesn't matter if we are asleep or awake. Lucky because we wouldn't want to have to remember to breathe in our sleep!

Hidden Slide- for teachers

Optional Activities to have a go at today or over the week



Feelings Spot- I am a spot where your feelings live. If you get a fright when something happens it is me that tells you and helps you. There is a tiny part in the feeling spot of our brains that looks out for danger. It is a little danger detector. It works really fast. How clever is that!

* Teacher gets out their mobile phone stopwatch app- (under clock on iphones) or a stop-watch and tries to show students how quickly the tiny danger detector in our brain works. (This part of the brain known as the amygdala has been shown to take .1 - .15 of a second to respond to visual danger signs. Can anyone click the stopwatch on and then off in under .1 of a second?)

Hidden Slide- for teachers

Optional Activities to have a go at today or over the week

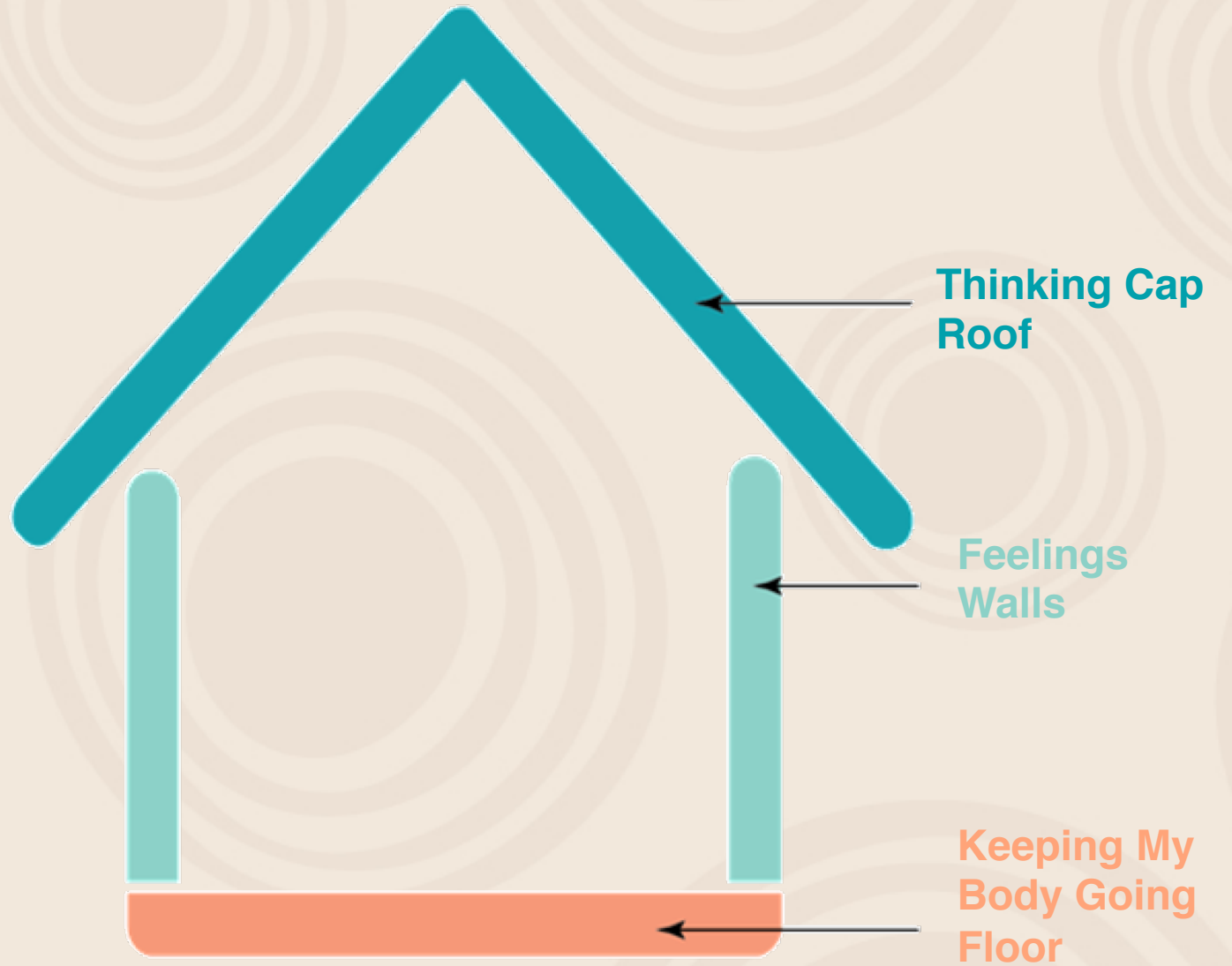


Thinking Part- I am the thinking part of your brain. I am the part that helps you talk and understand things. I help you make good decisions and learn school-work at school.

* Invite students to count to ten. Explain that it is the top part of their brain that knew how to do that. Could a baby count to ten? No. That's because they haven't had time to grow the top and outside part of their brain enough yet.

Hidden Slide- for teachers

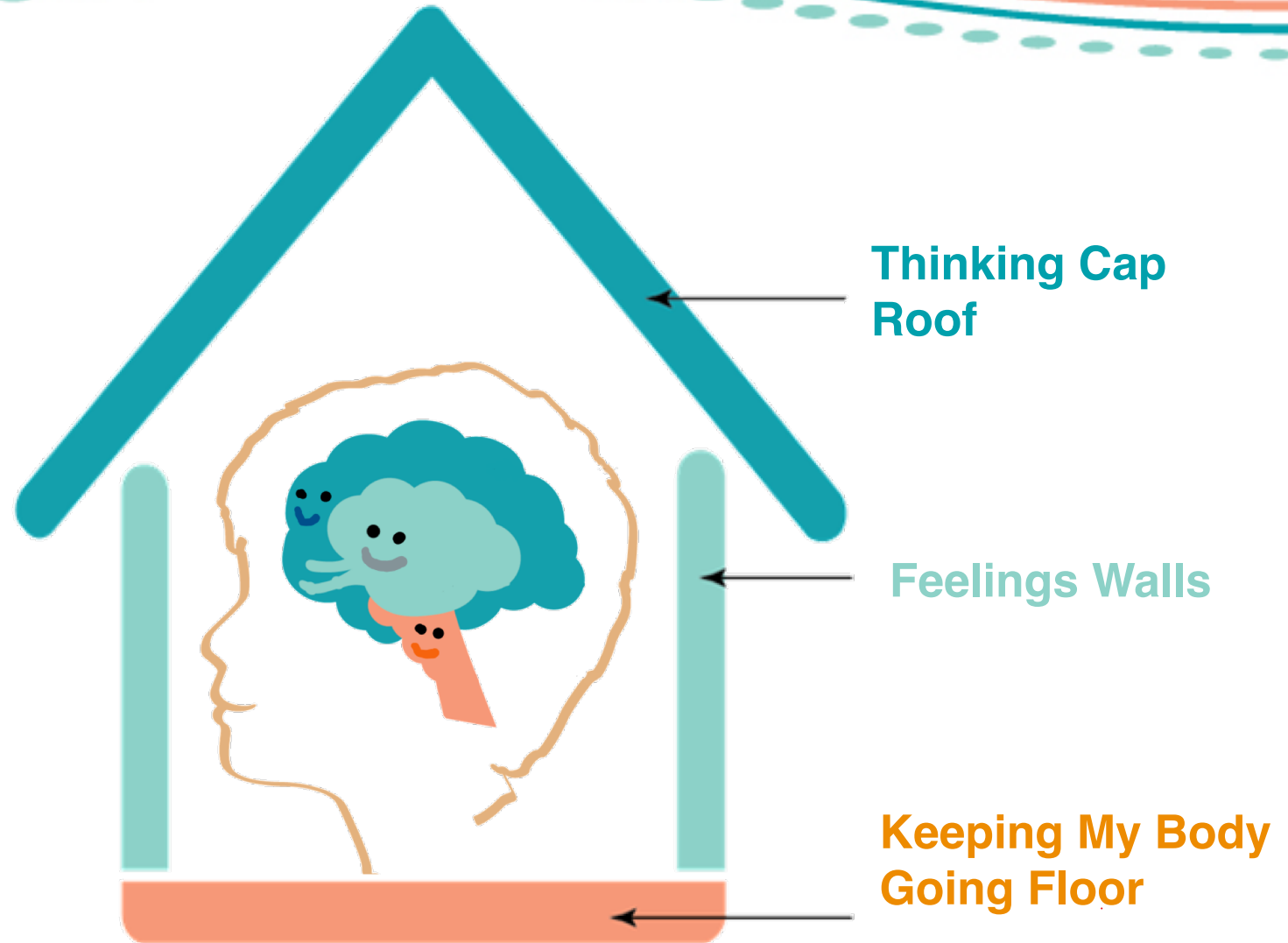
Brain House



Your brain is like a house, a brain house.

My Brain House Song with Actions

- There is a song with actions about how our brain house is built and how sometimes it can fall down! We can learn it together.



The Brain House Song

My house has a floor has a floor has a floor

My house has some walls has some walls has some walls

My house has a roof.... has a roof... has a roof...

There's no house anymore, anymore, there's no house anymore.

My house has a floor has a floor has a floor

My house has some walls has some walls has some walls

My house has a roof.... has a roof... has a roof....

My house is strong and tall strong and tall My house is strong and tall

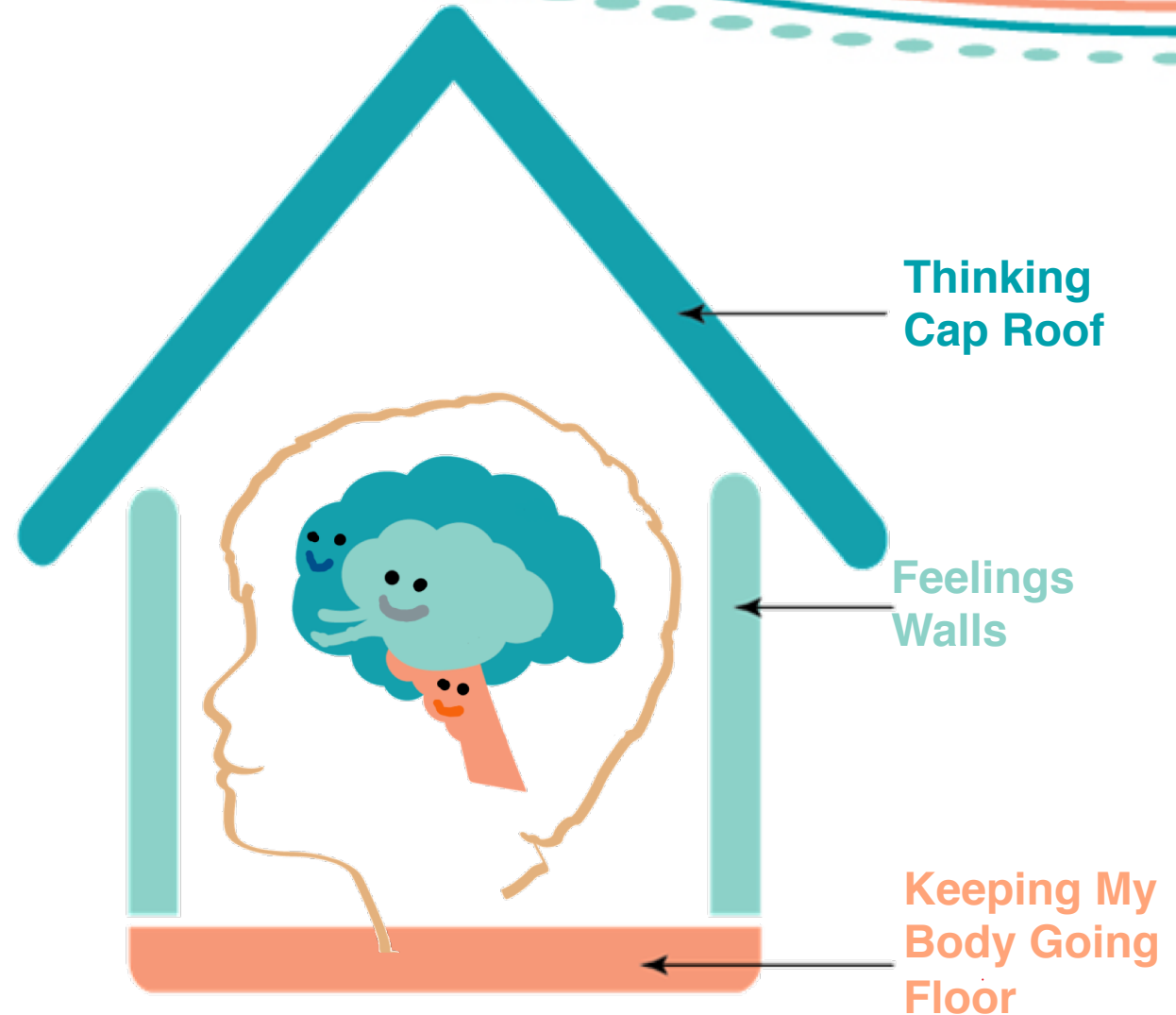
Teacher reference slides follow

The following slides are for teacher's reference to talk with students about what can happen to our brain house if we get rattled and to introduce the idea that there are ways that we can make the parts of our brain house stronger in ways we are going to learn over the next few days.

This might be best described to early primary children by use of a brain house model. You can use the provided brain house template to make a brain house or make your own using blocks, or boxes and cardboard. You can demonstrate the concepts described in the below slides through the use of the model.

My Brain House

- Now you are at school, your brain house has a floor, some walls and a roof. It is getting stronger.
- Sometimes hard things can happen that rattle our brain houses and they shake and bits fall down. This happens to everyone.
- The good thing is, if our brain house falls down a bit or a lot, we can just build them back up again.



Sometimes the Roof can come off

- If something hard happens our thinking cap roof can come off. It can blow off like in a storm.
- Our thinking cap roof does our thinking and talking and making good decisions. When our roof comes off we can lose our words, and not be able to make sense of what people around us are saying.
- It feels hard to think when our thinking cap comes off.
- Can you think of a time when your thinking cap roof came off?



Sometimes the Roof can come off

- With the thinking cap gone we can see our feelings walls. Our feelings shine brightly at these times.
- We often feel stressed out when we lose our thinking cap, so we shine out feelings like that.
- Everyone's roof has blown off their brain house at some time. Even your teachers.
- It is ok if our thinking cap roof comes off. We can just find it and put it back on again together.



Sometimes the roof and the walls can come off

- If something really hard happens our roof and walls might blow off or fall down and leave only our floor.
- Our floor is very strong and keeps us alive. It can't blow away or fall down.
- Our breathing and our heart beat will keep us going even if the rest of our house falls down.
- Then we can re-build our house back up again.



Making Our Brain House Stronger

- We can learn some ways we can make our brain houses stronger. We can also learn some ways to make it easier to build our brain houses back up again if they fall down.

