

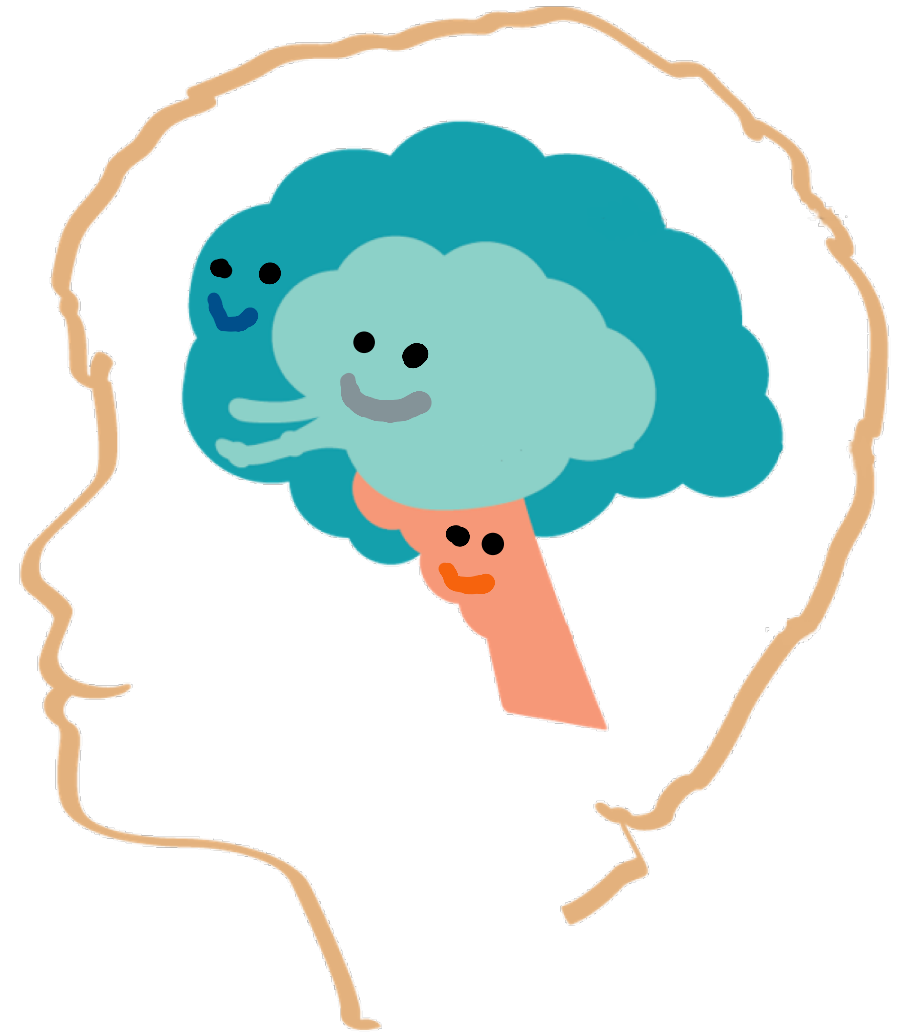


# My Brain House

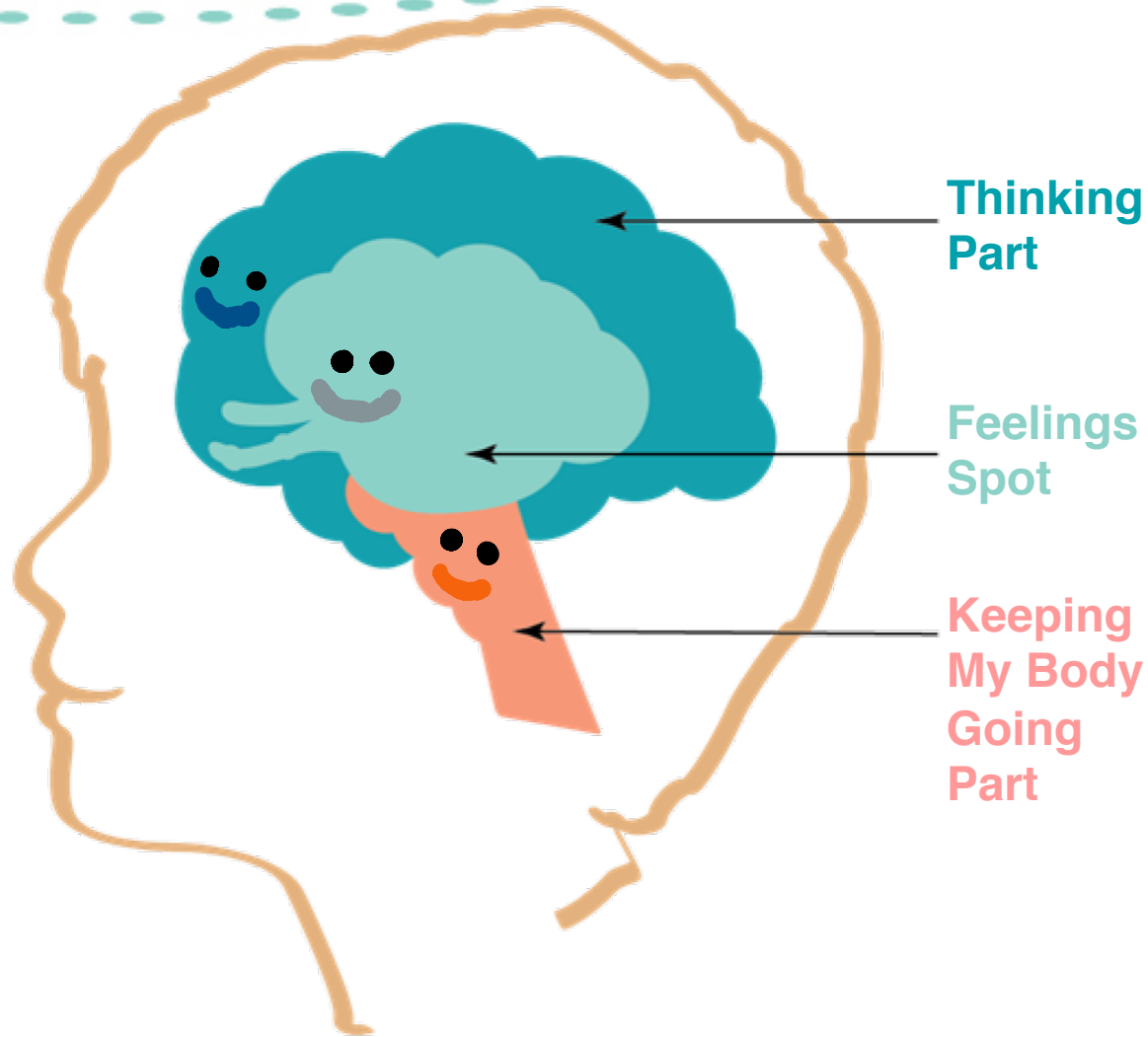
My Brain grows upwards step by step

# Welcome to Your Brain

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



# Important brain parts that help you in different ways



**Thinking  
Part**

**I grow last.** 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.

**Feelings  
Spot**

**I grow second.** 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.

**Keeping  
My Body  
Going  
Part**

**I grow first.** I keep your body going. I am in charge of things like your breathing, heart rate, and temperature.

# 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 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 android phones) 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? (The best we could do was .13)

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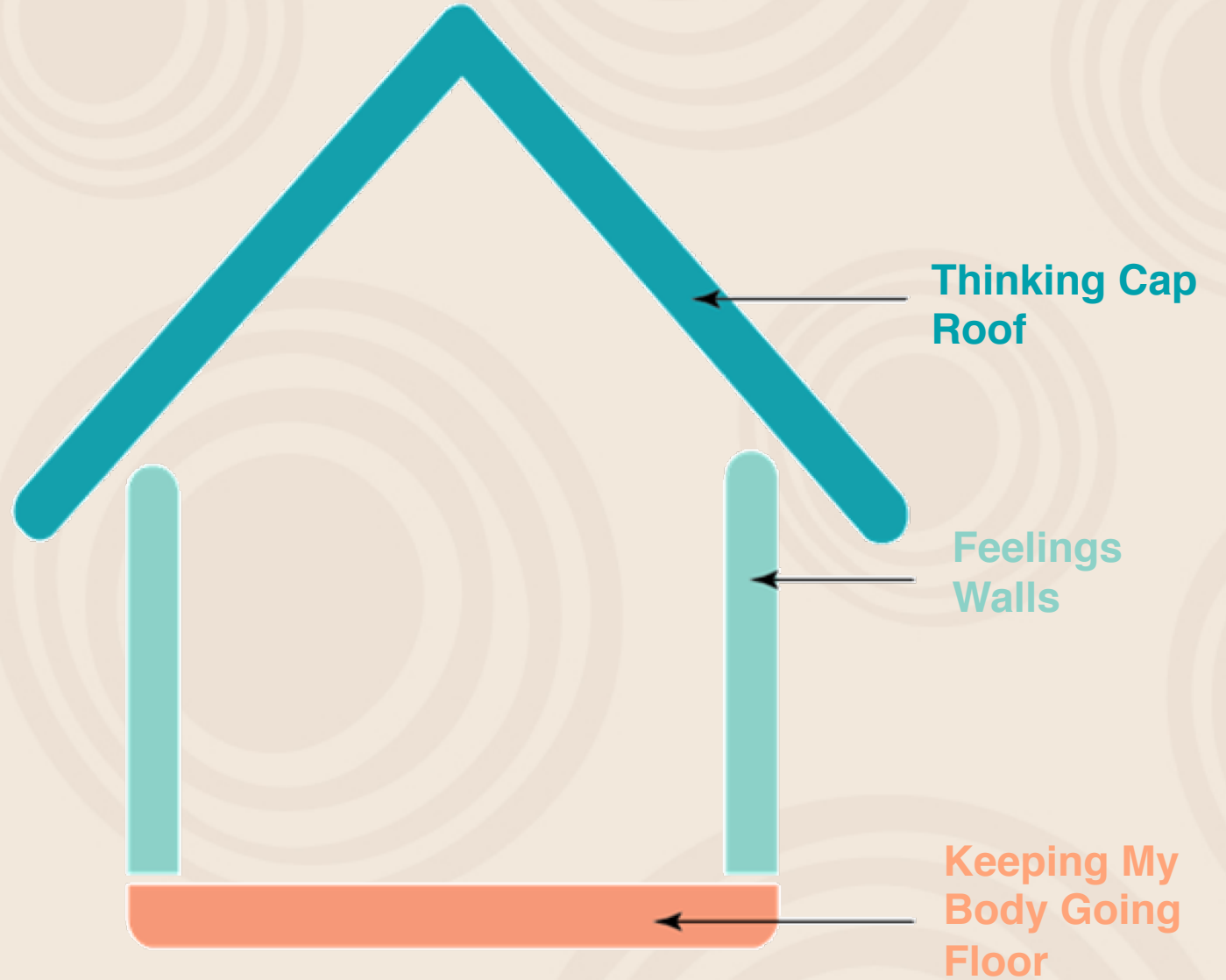


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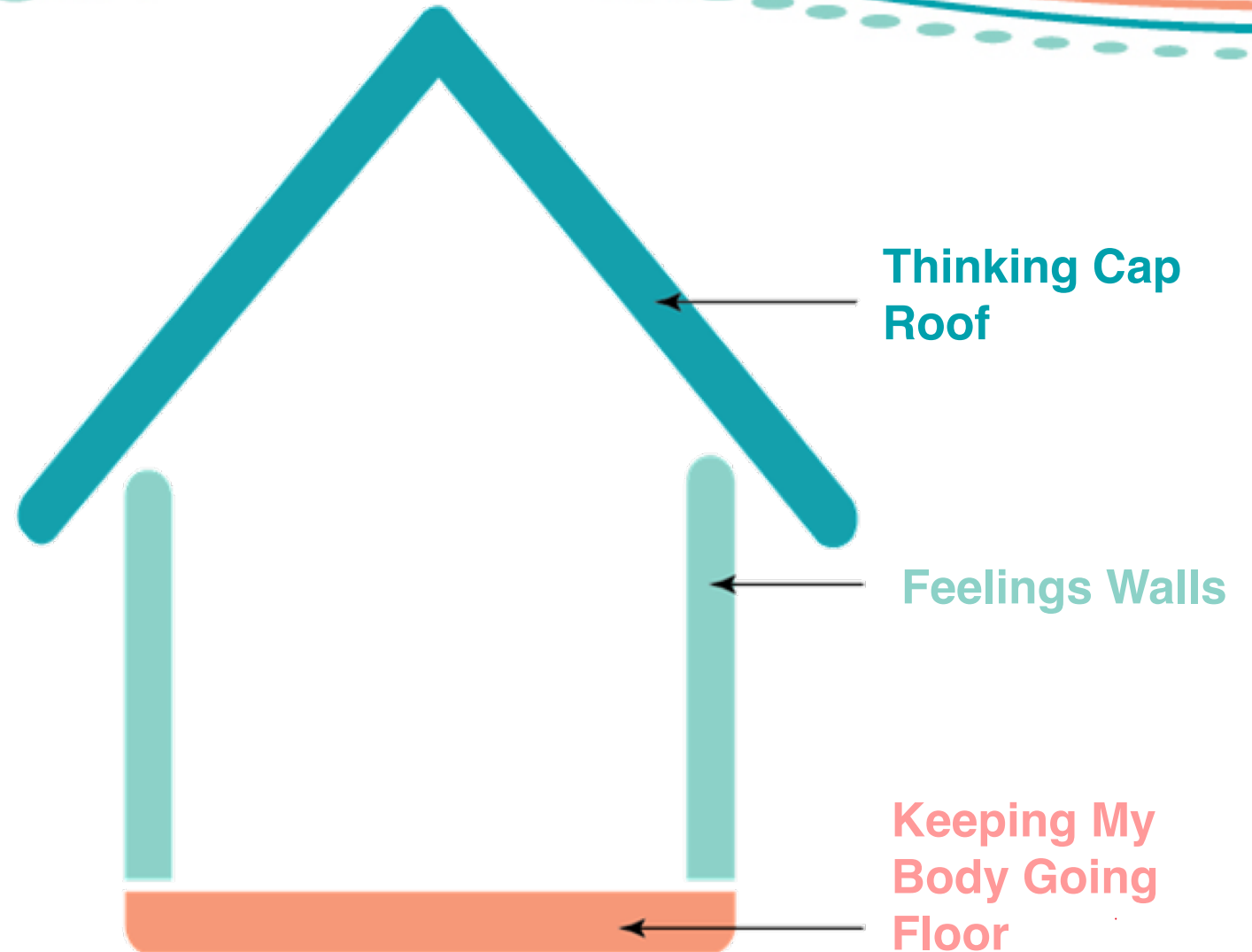
# Brain House



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 can sometimes 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**

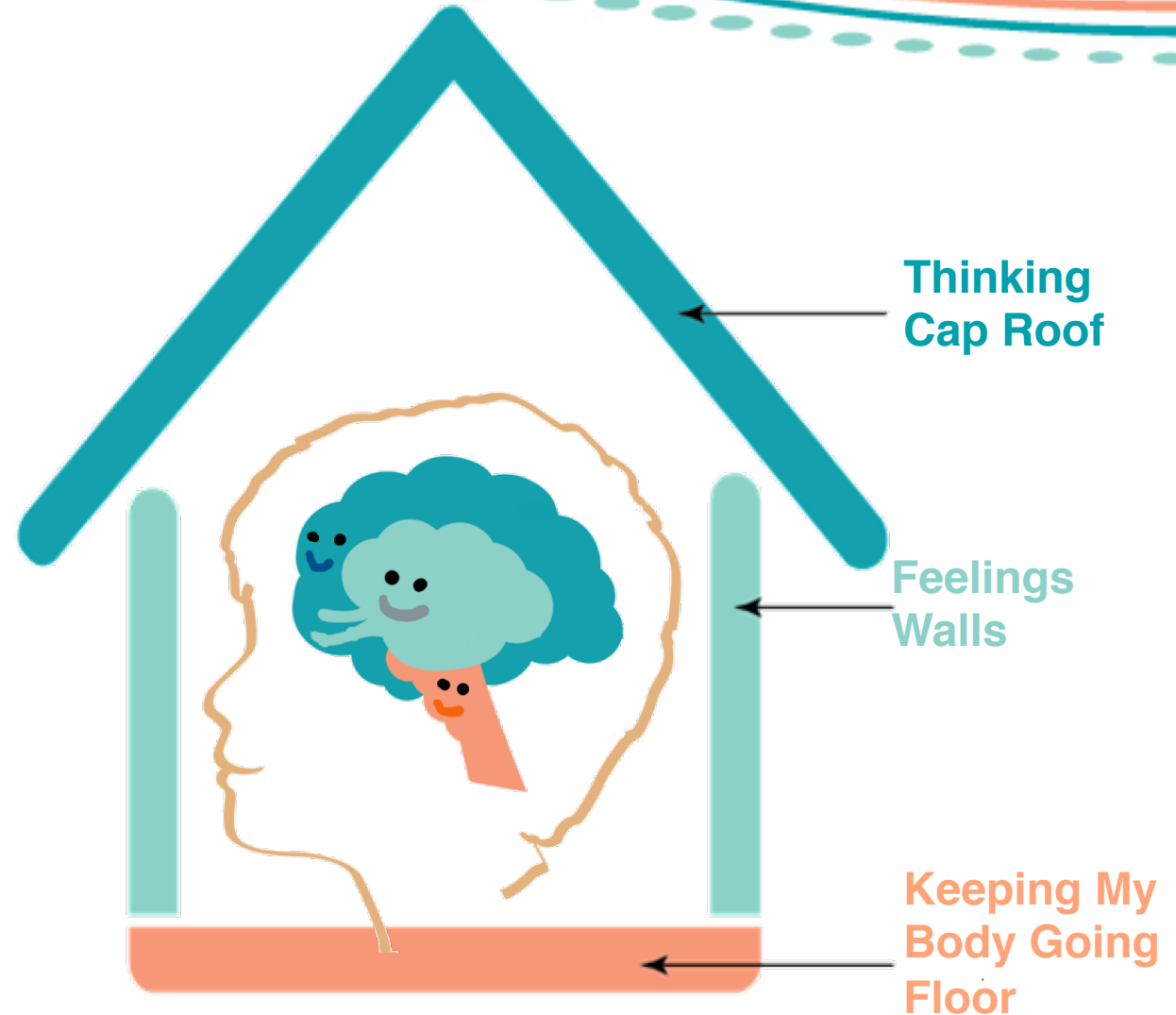
**My house has some walls has some walls has some walls**

**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**

# 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.



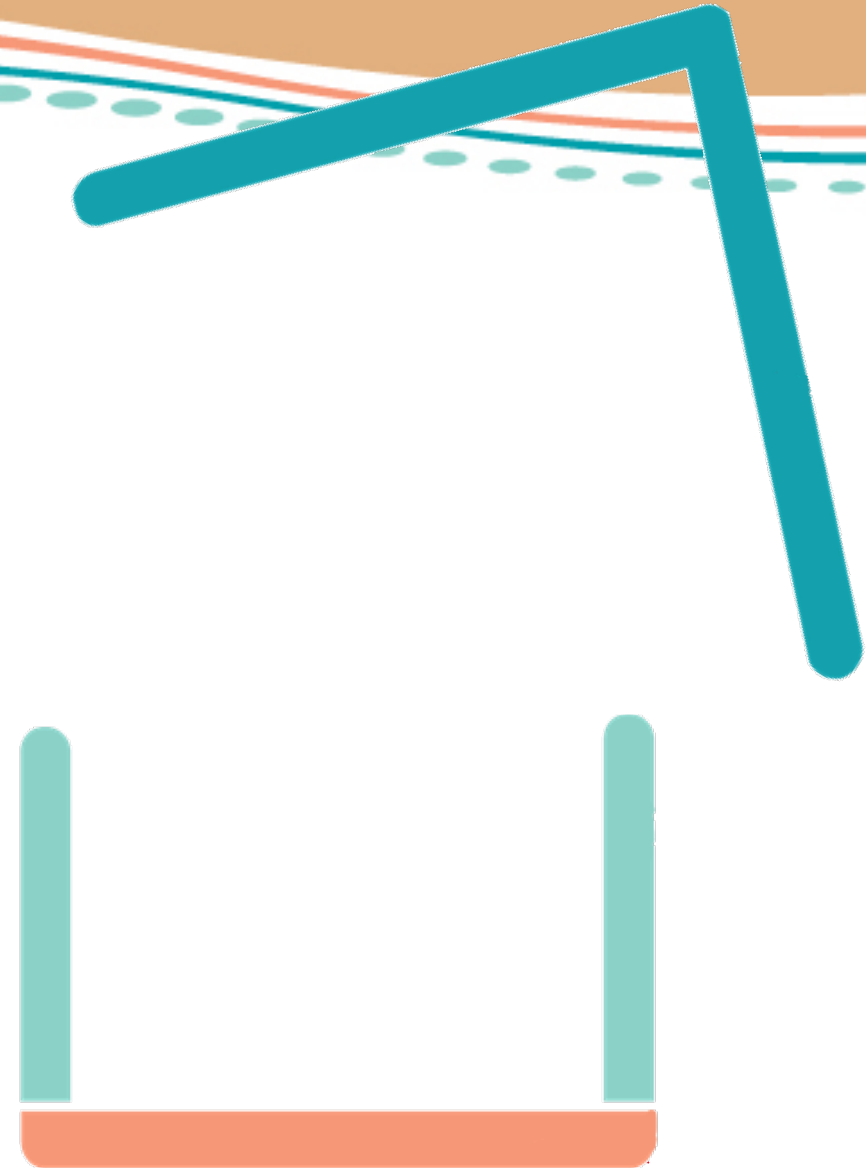
# Sometimes the Roof can come off

- 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.

