



Welcome to Your Brain House Floor

My Brain grows upwards step by step

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 'Keeping My Body Going' Brain Part

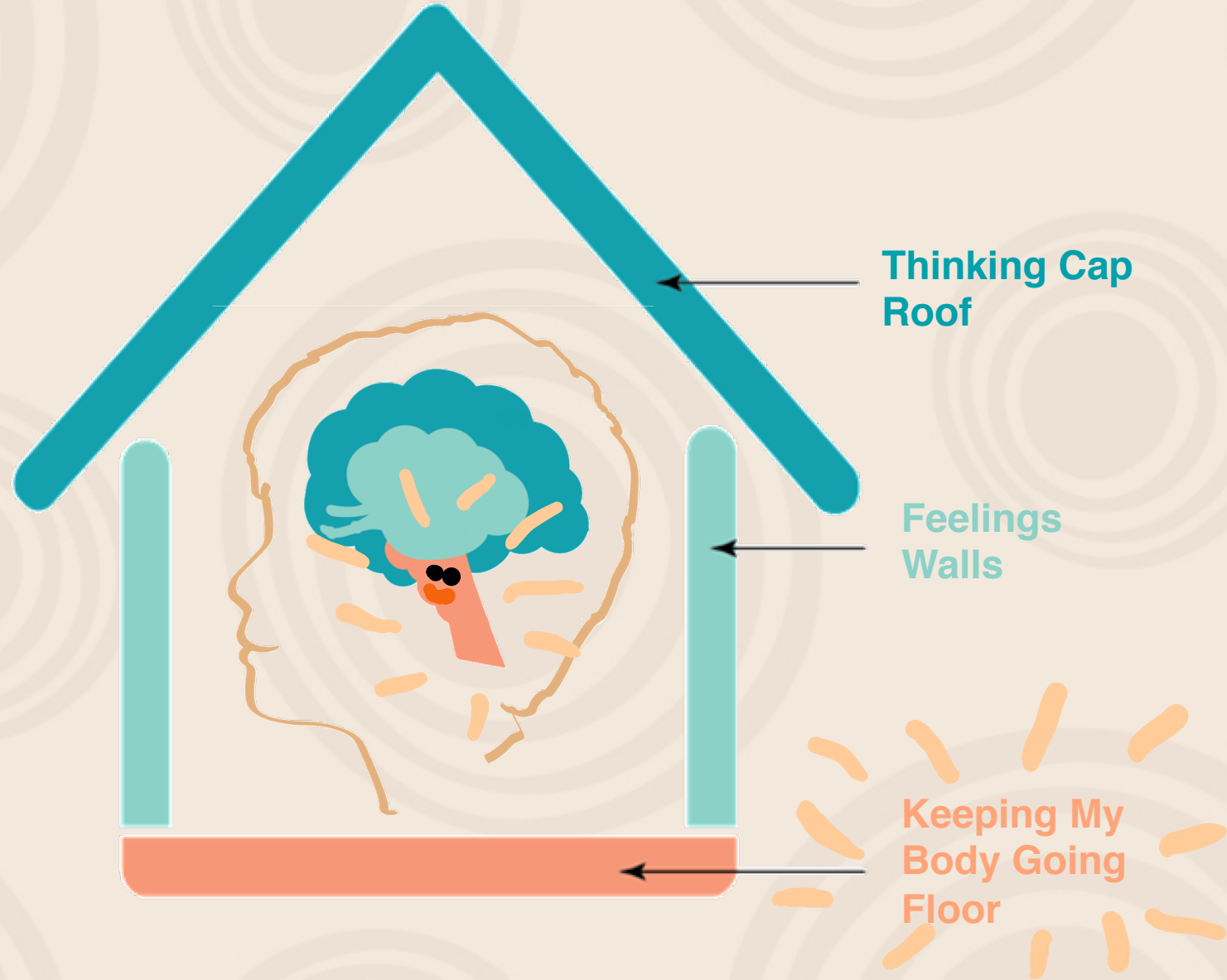


**Keeping
My Body
Going
Part**

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

We build the floor of our brain house when we are little. Sometimes children don't get a good chance to finish off their Brain House floor, but that's ok because we can go back and do things together that can make the floor stronger later down the track.

'Keeping My Body Going'- Floor of My Brain House



The following Slides are for teachers to reference and refer to

Ways to Strengthen Our Brain House Floor- Rhythmic Activities



Our Brain House floor likes **tactile rhythmic, repetitive games, activities, and movements.** These over and over again activities help it to get stronger. Doing an activity just once will not make much of difference to this part of the brain, but doing an activity over and over will.

Ways to Strengthen Our Brain House Floor- Heads and Tails Activity

Here are some rhythmic activities that repeat over and over again. Hands on heads if you like the idea of them, or tails if you don't:

dancing, swinging, hearing a familiar story, tapping your leg or foot, drumming, walking, running, brushing hair, bouncing a ball, kicking a ball, humming, riding a bike, shooting hoops, jumping, skipping rope, repeated exercises, hammock swinging, kneading bread, digging, knitting, weaving, fishing- casting the rod, swimming strokes, ping pong, hand clapping games, listening to a song over and over, focusing on our breath going in and out.



Heads and Tails continue

- Playing with clay or play dough, painting, drawing, craft activities, weaving, playing with sensory toys like fidget spinners or squishy balls, snuggling with a soft blanket, cuddling a soft toy, colouring in, building in the sand or mud, patting your pet.
- Sucking ice blocks, drinking a hot drink.
- The sound of rain, a loved ones voice, music, a favourite story, watching a favourite TV show over and over, ticking clock, bird song, swaying trees, animal noises, the river flowing, waves coming in at the beach.



Strengthening Our Brain House Floor



- Can you think of any other rhythmic, repetitive actions or activities that your body likes the feel of doing?
- Now we have a whole lot of ideas about activities that can help our Brain House floor get stronger. Draw or write down which ones were your favourite ideas in your scrapbook.

Rhythm Activity- A Brain House Floor strengthening activity

Many drumming traditions begin songs with two rhythms known as a drum call and response. Drum calls are short little rhythms that introduce the songs- like a signature or your name. After there is the drum call, there is always a similarly short rhythmic response to this call made by other drummers. These two rhythms go together, you can't have one without the other. They are like friends.

Let's all make up our own little personal rhythms and tap them on our laps or on the table.

Let's go around the room and everyone can make up their own little rhythm- it doesn't have to have many beats, 3, 4, 5 or 6 beats?

Turn to the person next to you and say hello with your rhythm. Then they can say hello back with their rhythm. Keep doing it back and forth for a while.

Maybe when the teacher marks the role they could tap out their rhythm and people could try tapping out their rhythm in return to say hello to each other in the morning. If you forget your rhythm, don't worry just make up another one!

