



HANDOUT: Activity Instructions | Auto-Brain-Graphy

Section A | Title Page

- The title of your Auto-Brain-Graphy: “My Brain”, decorated with words, images and/or pictures.
- Student’s name should be worked into the title page or placed neatly in the bottom right-hand corner.
- Student can either use computer generated images, lettering, pictures etc.
- Alternatively, if a student would like to draw something, they can take a picture and include it upload it to their chosen template.

Section B | Seven (7) Sections About my Brain and Me

Step 1: Label each section accordingly:

1. Motor control
2. Sensory | Five (5) Senses
3. Regulation
4. Language
5. Lateralization
6. Emotion
7. Cognition

Step 2: Read the instructions and complete the task for each function.

1. Motor control is responsible for the generation and control of movement.
 - For this section indicate a minimum of three (3) physical activities you like to do; include pictures / drawings etc.
 - Write a small paragraph on your favourite activity that requires “MOTOR CONTROL”
2. Sensory | Five (5) Senses: Are involved with the reception and processing of sensory information.
 - For this section, brainstorm a list of items that are a reflection for each of your senses including:
 - VISION
 - HEARING





- SMELLING
 - TASTE
 - TOUCH
- Write a rhyming or free verse poem incorporating your list of items from your brainstorm. Be creative and use fantastic vocabulary and poetic devices.
- 3. Regulation is responsible for the functions of the brain that regulate, controls, and maintains all the organs and body parts.
 - For this section make a list of five (5) rules / regulations that you don't like and five (5) rules / regulations you agree with
 - These rules can be rules in your house, community, country, or the pandemic.
- 4. Language is represented, processed, and acquired, and this is called neurolinguistics.
 - For this section you are going to indicate all the languages you currently speak; and then you are going to indicate a language you would love to learn and indicate why.
 - Next you are going to:
 - Research / learn and share five (5) interesting facts about the country the language is from.
 - Learn five (5) pieces of conversation in that language (i.e.) "Hello, my name is _____"
- 5. Lateralisation refers to the phenomenon in which one hemisphere (i.e.) the left side of the brain interacts with the right side of the body, and vice versa.
 - For this section, make a list of 8 - 10 things you do with your dominant side (i.e.): playing right-handed in badminton.
 - Pick an item from your list and try and complete the task using your opposite (least dominant) side.
- 6. Emotion are defined as two-step multi-component processes involving elicitations, followed by psychological feelings, appraisal, expression, autonomic responses, and action tendencies.
 - For this section, pick five (5) emotions.
 - Beside each emotion brainstorm a list of examples things, situations, events, etc
 - From one of your selected emotions, choose one example and write a paragraph or two explaining your emotion - include an illustration to enhance it.
- 7. Cognition functions through numerous processes and executive functions. Executive functions include the ability to filter information and tune out irrelevant stimuli with attentional control, the ability to process and manipulate information held in





working memory, the ability to think about multiple concepts simultaneously and switch tasks with cognitive flexibility, the ability to inhibit impulses, and the ability to determine the relevance of information or appropriateness of an action.

- For this section you are going to share something that you are good at and indicate reasons why you are good at it.
- Next you are to think of two (2) traits, skills, and / or learning opportunity and teach yourself something new.
- Keep a notes / journal, recording to share.

Section C | My Cool Facts

- For your final section research and find five (5) cool facts about the brain.
- Come up with a game or activity to play that will test your brain.

