



## LESSON PLAN: Shape Your Brain

**Topic:** Introduction to the brain

**Subject | Stream:**

Art  
Biology  
Health  
Science

**Grade Level:** *Primary (K-3)*

**Objective(s):**

For young children to learn about the brain and how our brain controls everything we do. This lesson will help students be more aware about themselves and about their brains.

**Brief Summary:**

Provide a simple introduction about the brain in simple terms (see handout). Students will use Play-Doh to get creative about how they think their brain looks like.

**Background Information:**

Typically, lessons about the brain and anatomy are done in later grades, however this activity will give children a chance to learn earlier on about the brain while along with a sensory activity.

**Resources | Materials Required:**

- Video about the brain
- Photos of the brain
- Handout: "The Amazing Brain"
- Handout: Colouring Sheet | Brains
- Play-Doh

*Suggested Videos:*

The Brain for Kids - What is the brain and how does it work?

<https://www.youtube.com/watch?v=c9HK59FaoMI>

Body Songs: "Brain, Brain, Brain" by StoryBots

<https://www.youtube.com/watch?v=Nnl7DLSNFV8>



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The Human Brain | Educational Videos for Kids (3 minutes and 30 second)

<https://www.youtube.com/watch?v=1aCYsYSM1MA>

How Your Brain Works?

[https://www.youtube.com/watch?v=ndDpjT0\\_IM0](https://www.youtube.com/watch?v=ndDpjT0_IM0)

### **Activity Instructions:**

Step 1: Start the lesson by watching one of the suggested YouTube videos.

Step 2: Ask open ended questions throughout the lesson. See handout “The Amazing Brain” for suggested questions.

Step 3: Show some photos and diagrams of the brain in different areas. See handout “Colouring Sheet | Brains”.

Step 4: Play and get creative with Play-Doh creations and continue discussions about the brain. Ask students to use the Play-Doh to create what they think their brain looks like.



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