



LESSON PLAN: The Amazing Brain

Topic: A general overview about the brain

Subject | Stream:

Biology

Health

Science

Grade Level: Primary (K-3) and Junior (4-6)

Objective(s): To introduce the brain as an organ and the control centre of the body.

Brief Summary: Students will learn about the brain as an organ and how the brain controls everything we do. Students will reflect on all the ways our brains help us every day.

Background Information:

What is an organ? Ask students to list different organs in the body.

- An organ is a special group of tissues that do specific jobs for your body. Each organ has a task to do.
- Heart, eyeballs, kidneys – all have specific jobs for your body.

Which organ acts like a computer? Which organ controls most of the activities for our body?

- The most incredible part of our body is the brain.
- The brain is inside our head.
- The brain is a group of special tissues in your body.
 - For example: If you sit down, it's your brain telling you to sit down. If you run, it's your brain telling you to run.
- The brain is powerful and does a great job of controlling the activities of your body.

How does the brain work?

- It gets help from the nervous system.
- This is different from a “nervous” feeling. Give an example of when you might feel nervous.
- The nervous system is how the brain can control other systems in your body.
- The brain is connected to the spinal cord and together, they send messages throughout the central nervous system (which is throughout the body)





- For instance: When you touch something hot and you pull your hand away quickly – that's the brain sending a signal to your hand that it's in danger.

What is a brain?

- It's the organ that is responsible for controlling everything our body does.
- Our brain is always active, even when we sleep.
- It keeps us alive as it controls our heart beating and our breathing.

Did you know that because the brain controls most of what we do, it needs to be protected? That's why the brain lives in the skull. The skull is hard, strong, and protects the brain to do its job.

Even when you are sitting and thinking, daydreaming, planning – that's all done with the help of your brain.

How incredible is the human brain? During this entire lesson – while you were learning, you were using your brain.

Ask the students to wiggle their nose, tap their fingers, wave hello ... all examples of how our brain tells our other body parts what to do.

Resources | Materials Required per student:

- The Amazing Brain PowerPoint Slides
- Paper, markers / crayons

Activity Instructions:

Draw a picture of one of the things your brain helped you do today.

Write down 10 things your brain helped you do today; 5 things you do automatically and 5 you had to think about. What if your brain didn't remember to do one of these things?

Explain, in point form, what your brain had to do for you to drink a juice box. Was there more to the act of drinking a juice box than you thought?

Lesson Extension Ideas:

Video Link: <https://www.youtube.com/watch?v=tPfd80I9s1E>





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