



## LESSON PLAN: Head Space

**Topic:** How Your Brain Works

**Subject | Stream:**

Science  
Vocabulary  
Wellness  
Growth Mindset

**Grade Level:**

Primary (K-3)  
Junior (4-6)

**Objective(s):**

- Develop a basic understanding of the brain and what it does.
- Learn the basic functions of the brain
- Learn the basic vocabulary words associated with the brain.
- Learn about developing a growth mindset.

**Brief Summary:**

Teachers will introduce the brain during a reading of Brian the Brain Head Space. Following the reading teachers will use supporting worksheets to introduce and explore the brain. The lesson plan is designed to help students develop a growth mindset.

**Background Information:**

Brian the Brain Head Space tells the day in the life of the brain. Students will be introduced to all the things the brain has to do to keep his person going. The scientific information is given in a fun and interesting way that children will remember long after the class ends.

**Resources Required:**

Brian the Brain Head Space e-book or paperback.

Visit [https://travelingchalkboard.com/head-space-landing/?fbclid=IwAR1bzk5BefDZ5IzTi4UfCsXVg64t\\_xpm4XV7CHjCqo4I0UvgFICxVEhGwtY](https://travelingchalkboard.com/head-space-landing/?fbclid=IwAR1bzk5BefDZ5IzTi4UfCsXVg64t_xpm4XV7CHjCqo4I0UvgFICxVEhGwtY) to access your copy of the book.

Lesson plan worksheets download.





**Activity Instructions:**

1. Read the book using the reading notes provided.
2. Use Dr. Siegal's hand brain model to introduce the brain's main parts.
3. Introduce the power of yet.
4. Discuss the things the brain needs and hand out the fuel up worksheet.
5. Draw a brain! Have each student give their brain a name and list the things their brain is good at.
6. Bonus activities: design your own brain house and write your own brain story.

