



## LESSON PLAN: Mind Trip

**Topic:** The Parts of Your Brain

**Subject | Stream:**

Science  
Mindfulness  
Vocabulary  
Anatomy

**Grade Level:**

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

**Objective(s):**

Learn the name of each part of the brain.  
Learn what each part of the brain does.  
Learn mindfulness techniques to calm down.  
Learn the vocabulary associated with the brain.

**Brief Summary:**

Teachers will introduce the parts of the brain during a reading of Brian the Brain Mind Trip. Following the reading the teachers will use supporting worksheets to help students learn the parts of the brain. Students will be introduced to mindfulness techniques to help them calm down.

**Background Information:**

Brian the Brain Mind Trip takes readers on a trip to each part of their brain. Readers learn the name, pronunciation, and function of each part of the brain. The scientific information is presented in a fun story like way that will capture children's attention long after the lesson ends.

**Resources Required:**

Brian the Brain Mind Trip e-book or paperback. To access your copy of the book visit <https://travelingchalkboard.com/mind-trip-landing/?fbclid=IwAR1eObqlowgCgCTW6-tHm99ybZ15dAqqJe3FTVHEKHlrsKxJQ5kbN8bTR7Y>

Lesson plan worksheet download.





**Activity Instructions:**

1. Read the book using the reading notes provided.
2. Color each part of the brain and ask students to think of their own brain part nickname.
3. Introduce the amygdala.
4. Use the calm down techniques to play a calm down game.
5. Match the parts of the brain with the things that they do.

