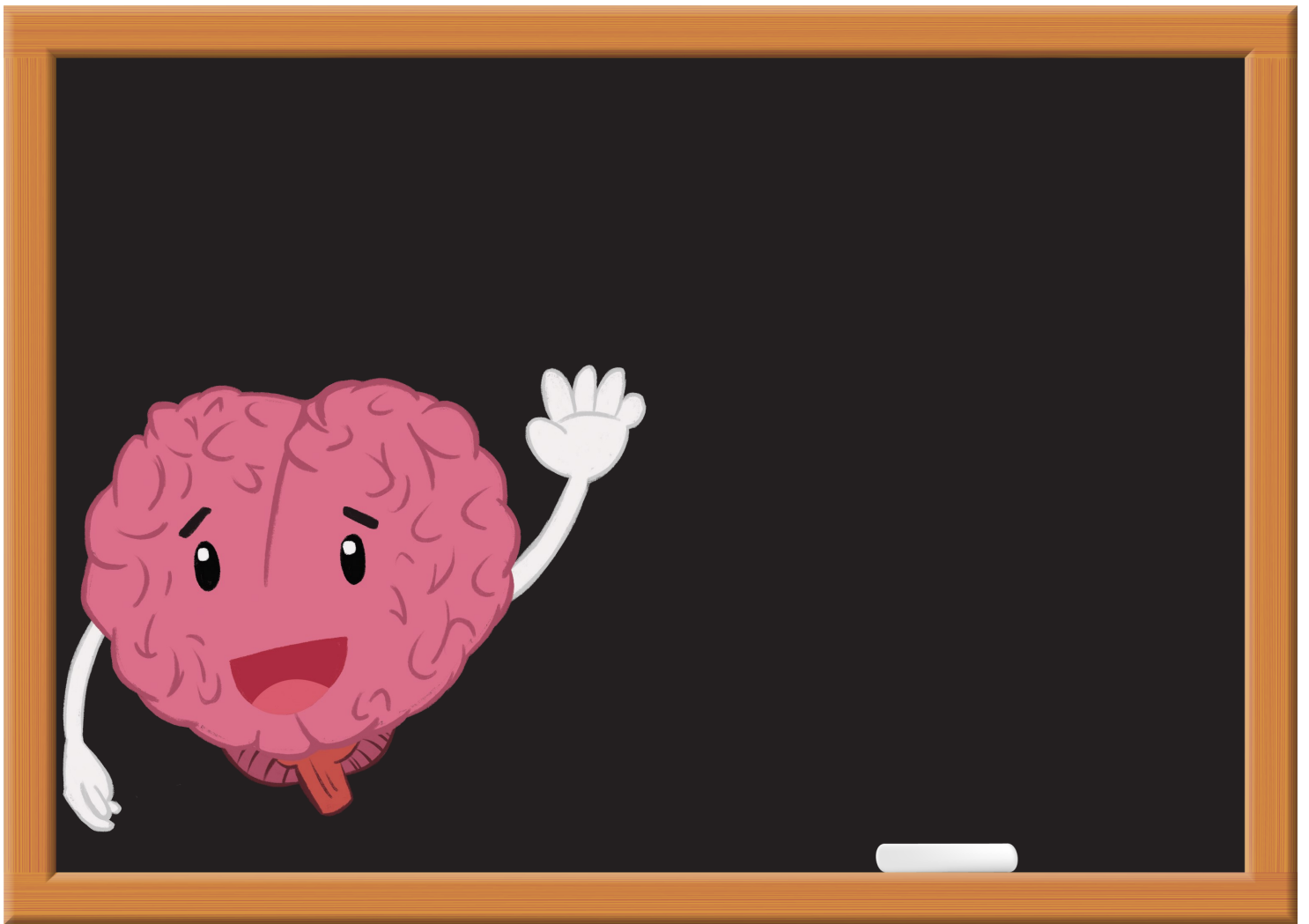
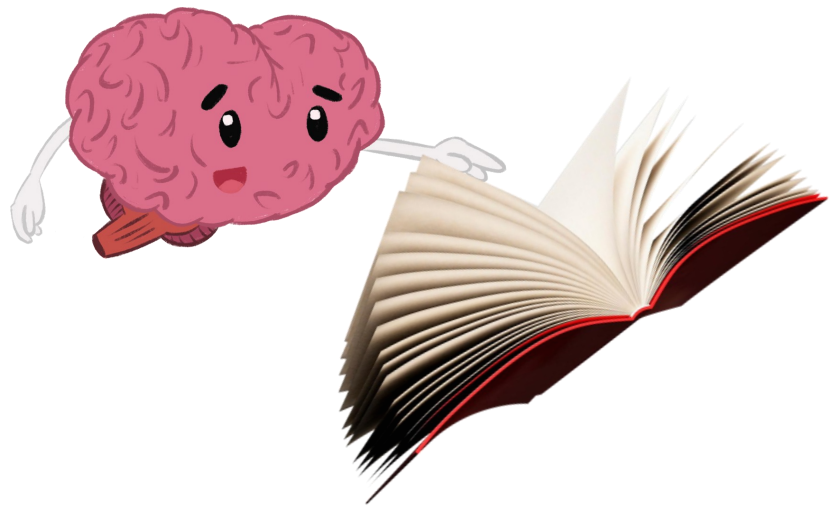


Lesson Plans

to fill your HEAD SPACE

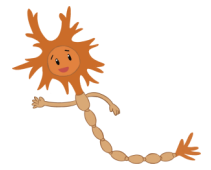


Reading Notes



- 🧠 Before reading the page with Brian's house ask the students what jobs they think their brain needs to do. Point out all of the different rooms in Brian's house so they can see all of the brain's jobs!
- 🧠 After "I'm all fueled up and ready for the day" ask the children why they need to eat food. Ask them what food they think would be good for their brain!
- 🧠 On the neuron mail room page tell the children that your brain has to send a message all the way down to your toes to get them to wiggle! Ask them to try sending a message to their toes. Ask them how fast the message traveled. Tell them that your brain's messages travel faster than a race car!
- 🧠 After "I'd better recharge my battery" ask the children how they think they can recharge their brain's battery.
- 🧠 On the dreamflix page ask the children what they think Ryan (the person) is going to dream about.

Definitions



Brain: The most complicated organ in your body that helps you do everything you need to do.

Neuron: A brain cell! Your brain, spinal cord, and nerves all have neurons.

Cerebellum: Nicknamed the “little brain,” the cerebellum is one of the brain’s three main parts. It sits at the back of the head and controls balance and coordination.

Brain Stem: One of the three main parts of the brain. The brain stem controls automatic functions and connects your cerebrum with your spinal cord.

Cerebrum: The biggest part of the human brain that is divided into two halves (hemispheres). Each hemisphere is divided into four lobes based on their functions.

Occipital lobe: One of the four lobes of the cerebrum, the occipital lobe is at the back of the brain and helps process sight.

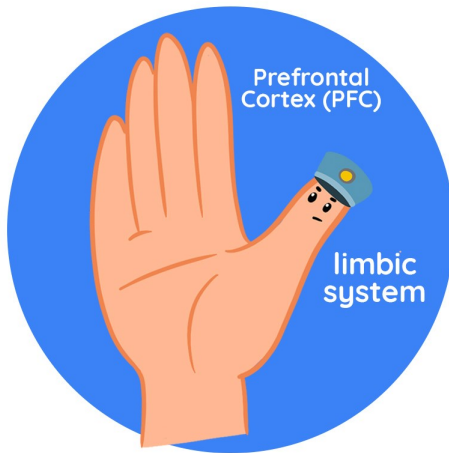
Parietal lobe: One of the four lobes of the cerebrum, the parietal lobe is in the middle upper part of the brain. It processes the sense of touch.

Frontal lobe: The largest of the four lobes on the human cerebrum, the frontal lobe helps with problem solving, logic, and body movement.

Temporal lobe: One of the four lobes of the cerebrum, the temporal lobe is on the side of the brain and it helps process what you hear.

Spinal cord: The lumpy bumpy bones that go all the way down your back make up your spinal cord. It is the highway for your brain’s messages.

Dr. Siegal's Hand Brain Model



Hold your hand out like you're saying stop.



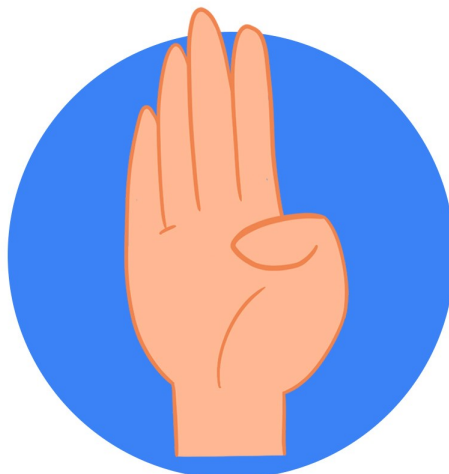
Your limbic system is under the wrinkly part of your brain. It acts like a security guard to keep you safe.



Your fingers are like your lumpy bumpy PFC. It is your thinking brain that keeps you in control.



Sometimes your security guard overreacts (like when your sibling steals your toy).



Take some deep breaths.



He will go back to his home and you will be back in control.

The Power of Yet

1. Tell the students that you have a magic power that can make anything possible! Tell them that they can have the magic power too if they learn the magic word.
2. Ask your students to guess what they think the magic word is. Write all of their answers on the board.
3. Tell your students that you are going to reveal the magic word (you can build excitement by getting them to wave around pretend magic wands). Reveal that the word is “yet.”
4. Working in groups or individually, have your students write down all of the things they can not do. Ask them to choose their favourite colour and add the word “yet” to every sentence.
5. Discuss how the word “yet” has changed their story.

The Power of Yet

I can't _____ YET

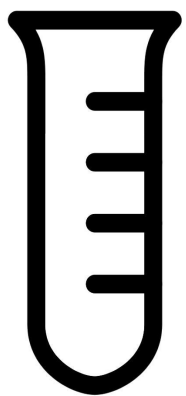
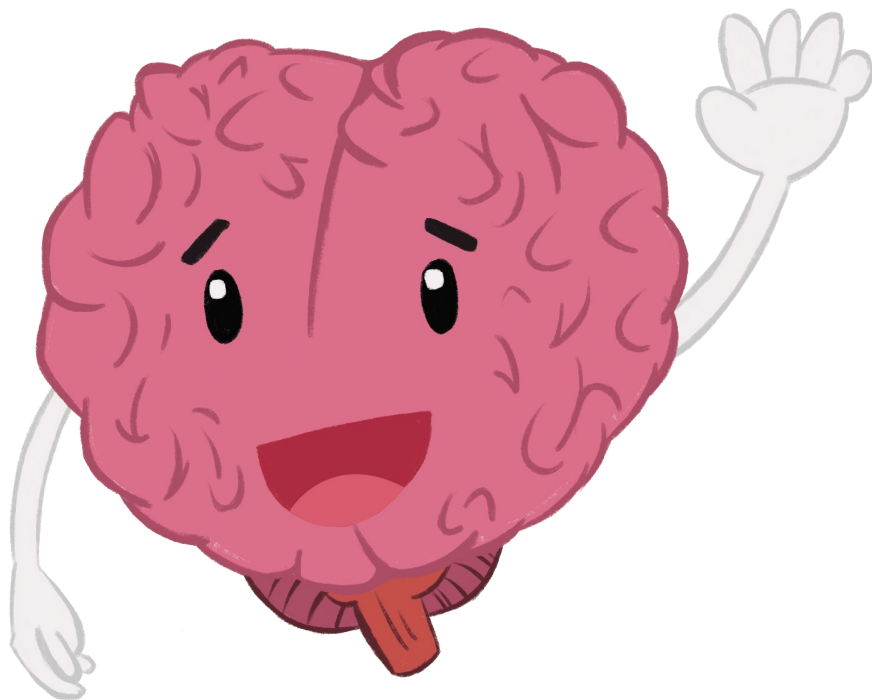
I can't _____ YET

I can't _____ YET

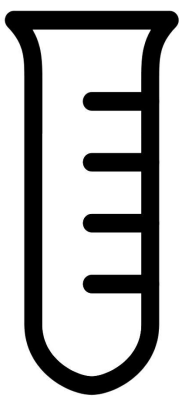
I can't _____ YET

I can't _____ YET

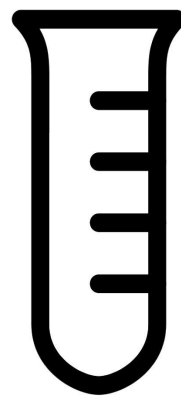
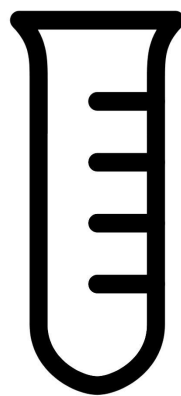
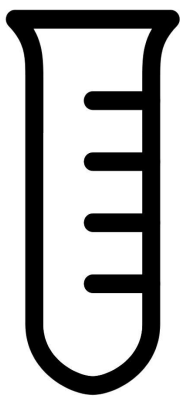
Today we learned that our brain needs plenty of food and sleep to keep it healthy. Color in the bars below to make sure Brian fuels up and recharges his batteries! What else does your brain need each day to keep it healthy? Fill in the blanks with things you think are important for your brain.



Sleep

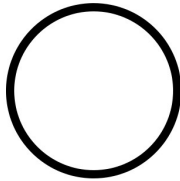


Food

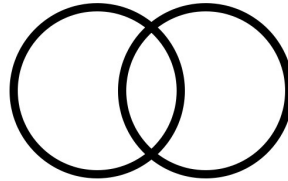


Draw your own Brian the Brain

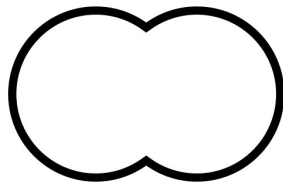
Step 1



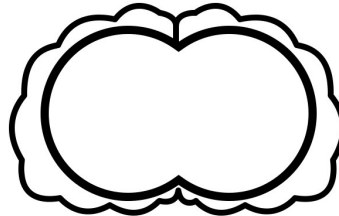
Step 2



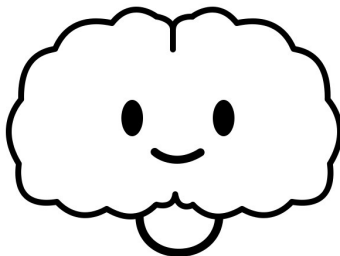
Step 3



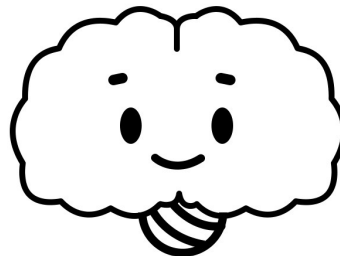
Step 4



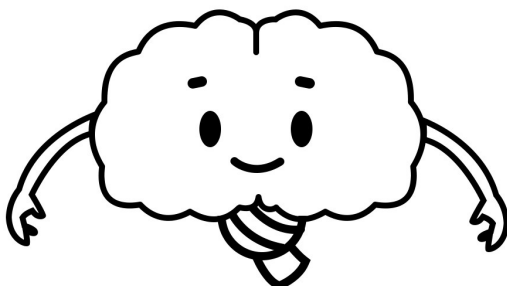
Step 5



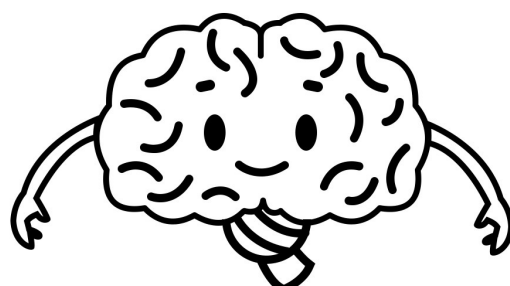
Step 6



Step 7

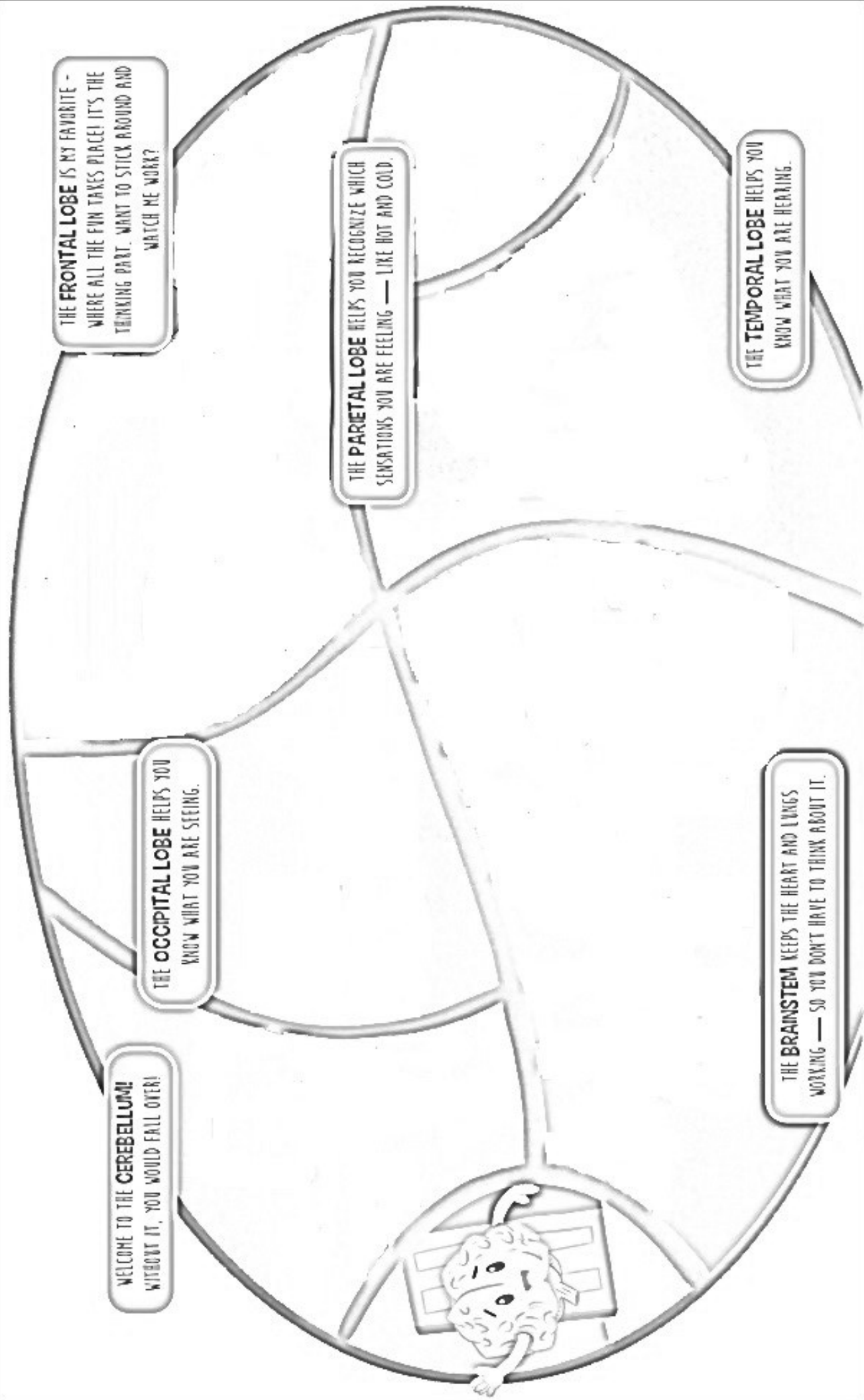


Step 8



Design Your Own Brain Home!

Draw a picture that shows what each part of the brain does.



Write your own brain story!

Write a story about the things that you have to do each day. What would *your* brain have to do to help you through your day? Don't forget to give your brain a fun name!

This image shows a single sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Meet Author Jenny Mouse



- ✓ **Growth Mindset Class:** Enjoy a live reading of Head Space. Learn that your brain is plastic and can grow. Come away from the class with the message that practice makes you better and that there's nothing you can't do... yet!
- ✓ **SEL Class:** Listen to a reading of Mind Trip, and learn about each different part of the brain. Learn how the amygdala connect with the front of your brain to control your emotions!
- ✓ **Brain Anatomy Class:** Designed to supplement the grade 5 Ontario curriculum this class is a more in-depth look at the brain, and uses your choice of either brain book to review the topic.
- ✓ **Writing Workshop:** Learn the steps to write your own story! Plan your storyline, characters, and illustrations.
- ✓ **Virtual and in person options available!**

authorjennymouse@gmail.com



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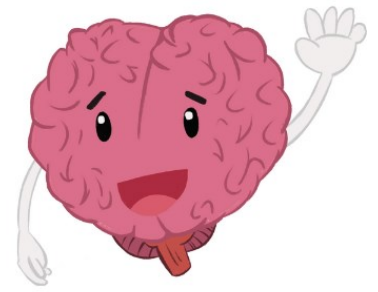


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Brian the Brain

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