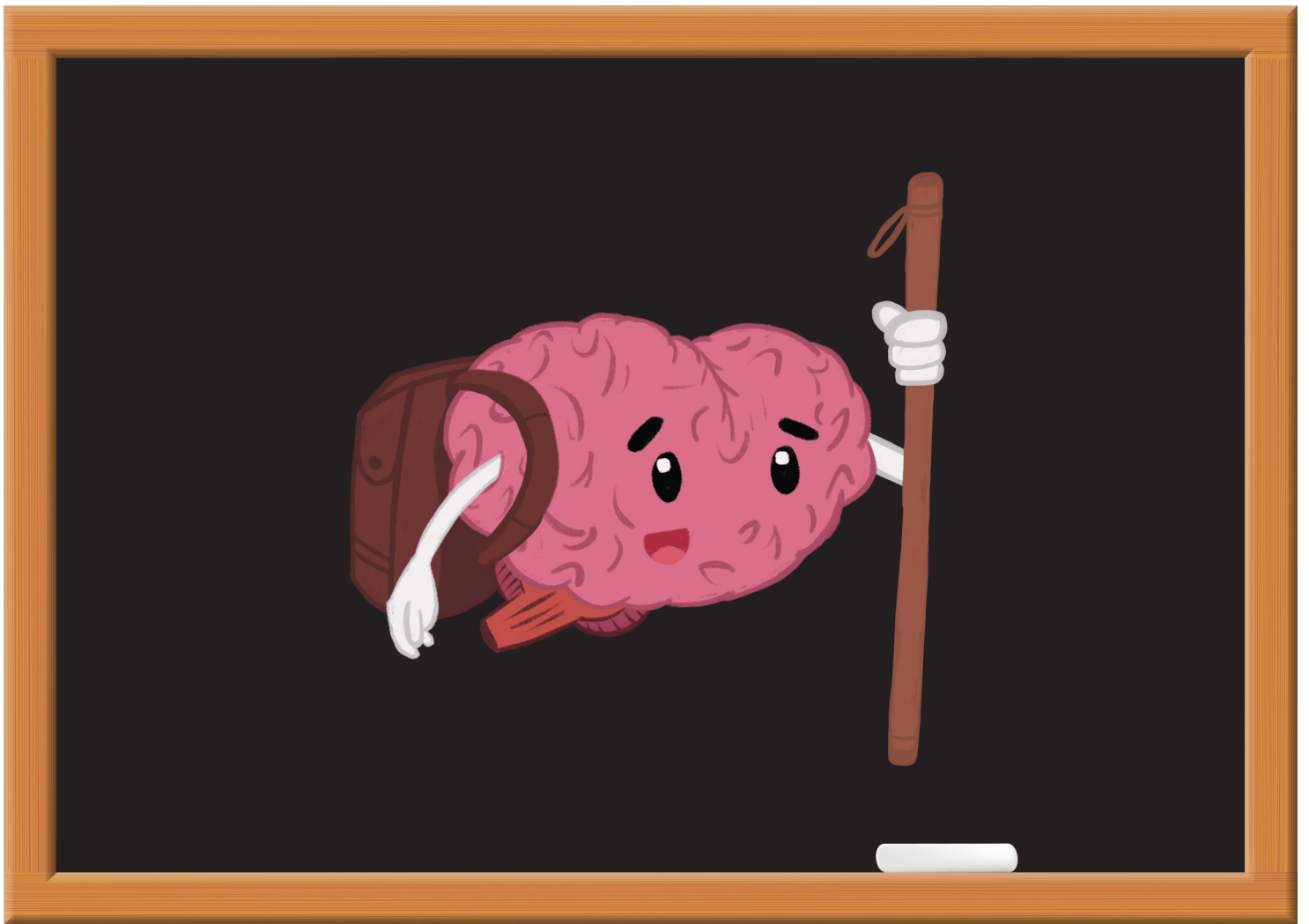
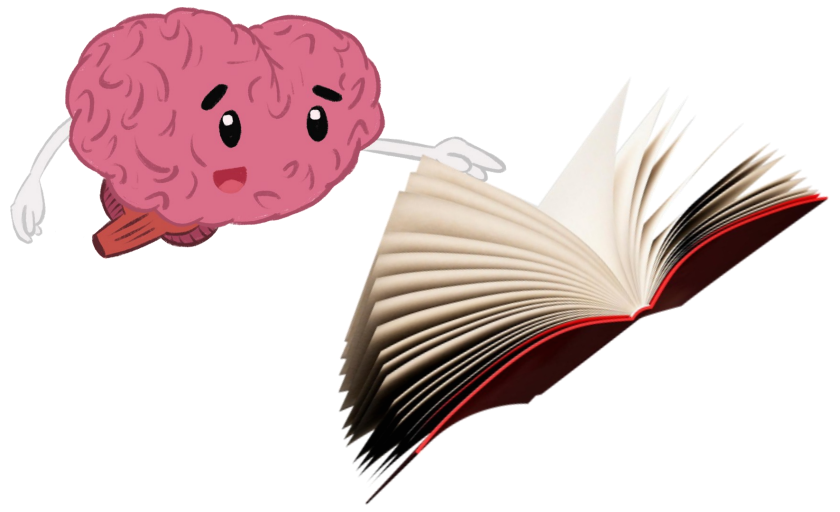


Lesson Plans

To Explore the Brain

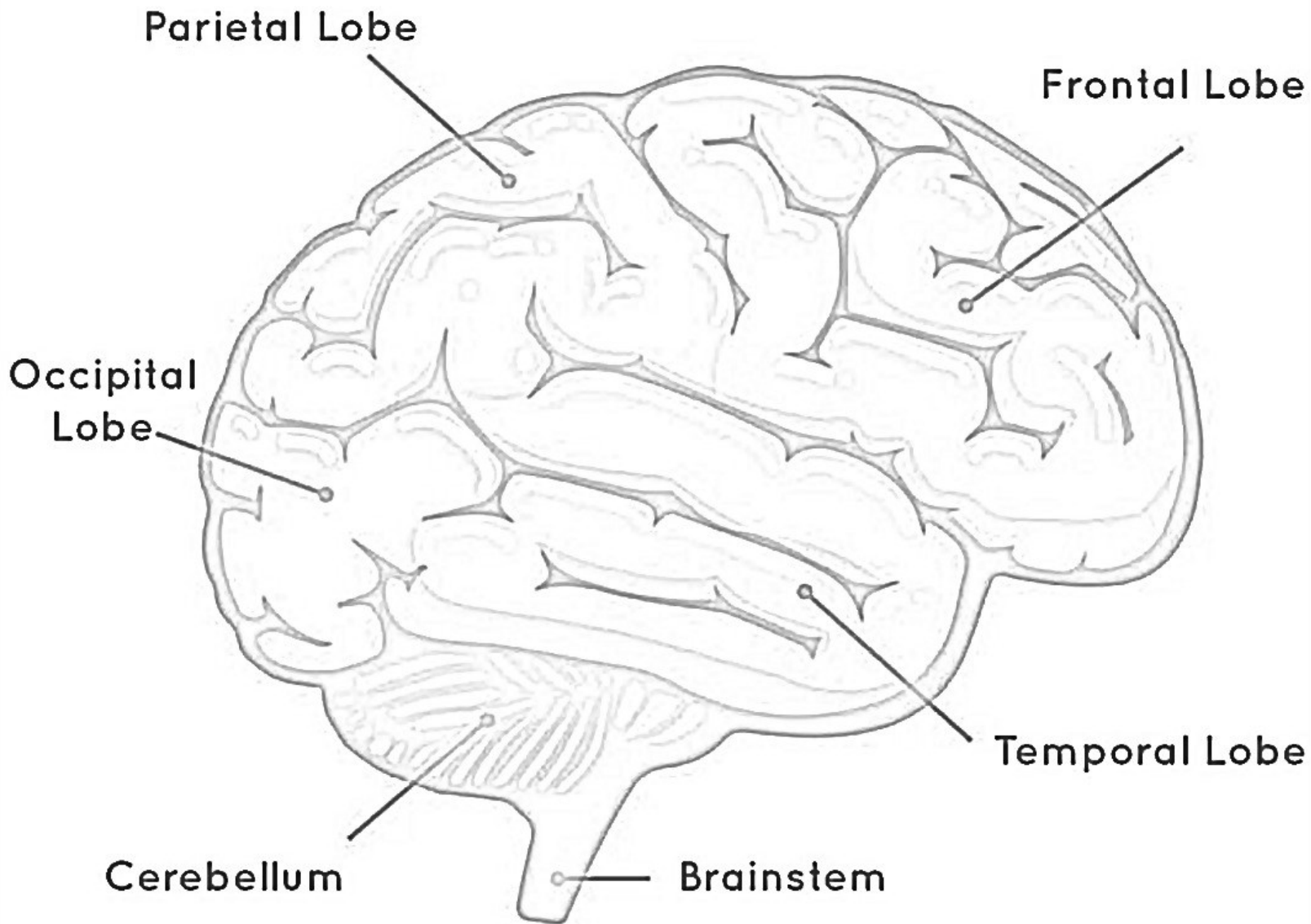


Reading Notes



- 🧠 After reading about the brainstem, ask your students what hidden organs they can find.
- 🧠 After reading about the cerebellum ask your students to think of times when they need to balance.
- 🧠 After reading about the temporal lobe ask your students to listen and tell you what they can hear.
- 🧠 On the deep breathing page have your students follow along with the book and pretend their fingers are candles to blow out. Make sure they take five deep breaths!
- 🧠 After the parietal lobe page ask your students to think of things that have different textures.
- 🧠 After the occipital lobe page ask your students to close their eyes and picture the most beautiful place they can think of.

Give the brain parts new names



Parietal Lobe _____

Frontal Lobe _____

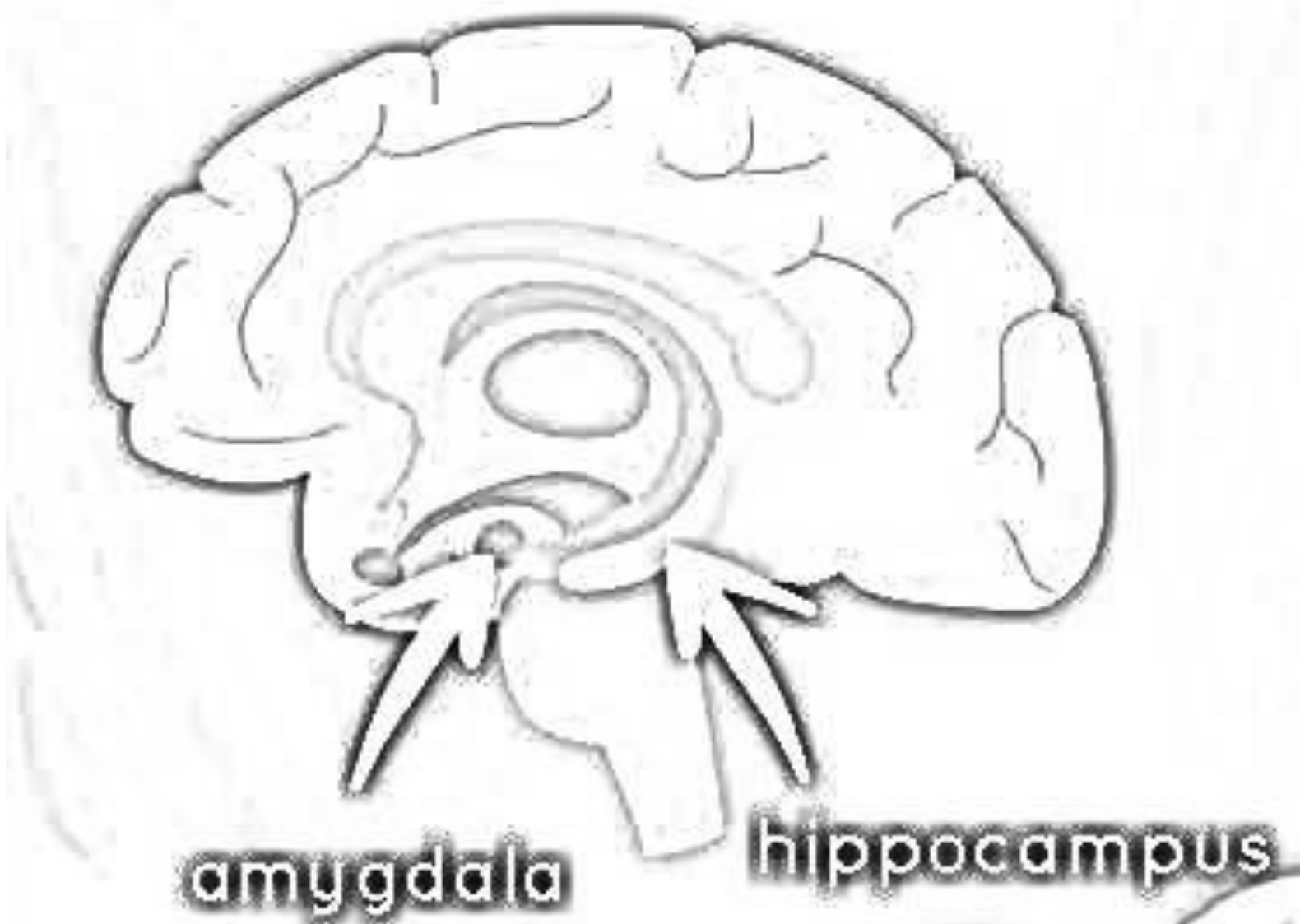
Occipital Lobe _____

Temporal Lobe _____

Cerebellum _____

Brainstem _____

Amygdala



Your amygdala is your emotion center of your brain. It is the part of your brain that takes over when you feel angry or scared. It also works with the hippocampus, which is the memory center of the brain, so emotions are really important for memory!

Use your hippocampus and amygdala

Write about a memory that has very strong emotions (maybe you were excited, sad, angry, or really happy.)

Write about a memory of a time you were bored out of your mind.

Think about it:

Which memory was easier to write about? Which one has more details?
Which one did you write more about?

Our brain is wired to remember emotion, so we tend to have richer memories when we have ricker emotions.

Calm down techniques

Deep breathing

Pretend to blow out candles, blow bubbles, or blow into a paper bag

Big squeeze

Use a stuffy, a stress ball, or even just your own body. Give your toy or yourself a big squeeze! You can squeeze with your hand, or use your arms to give a big hug!

Count

Count objects in the room around you, or just count with your eyes closed. Make it challenging by skip counting or counting backwards!

Use your senses

Find 5 things you can see

Find 4 things you can touch

Find 3 things you can hear

Find 2 things you can smell

Find 1 thing you can taste

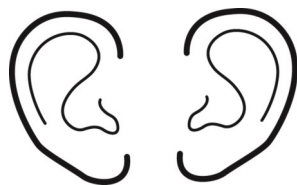
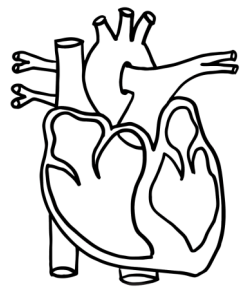
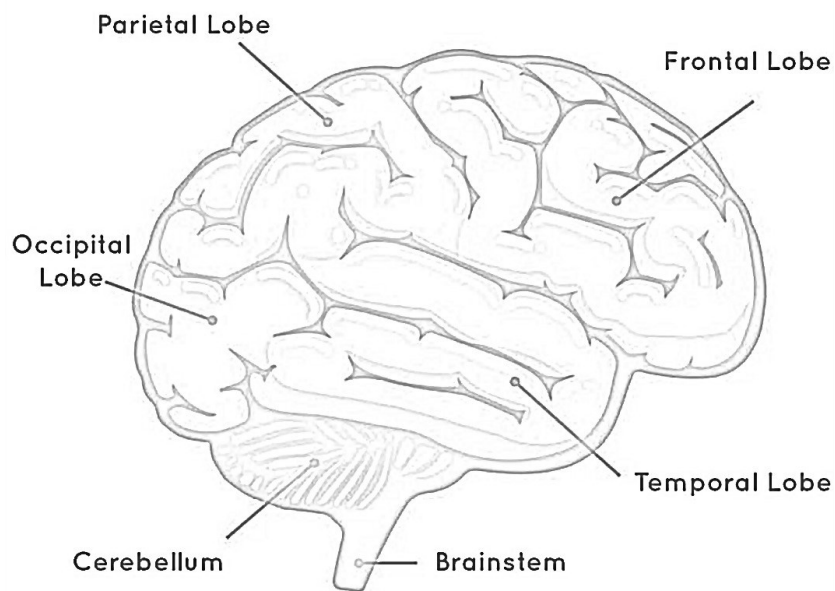
Move

Exercise is a great way to calm down. Walk around or do some jumping jacks and you'll find your thinking brain kicking in again!

Game time: Make your angriest face and then act out the calm down technique that your teacher calls out!

Brain Function Match

Draw a line to the part of the brain responsible for each function



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!**

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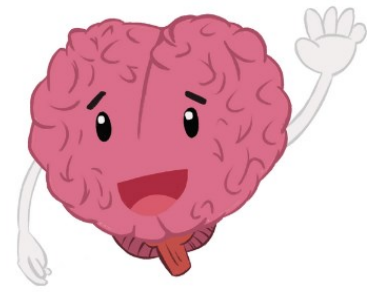


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Brian the Brain

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