

My Strong Brain Activity Guide Grade 3-5



Know Your Neuro

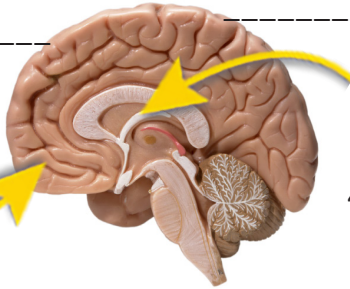
Identification

Draw an outline of the brain on the board. Point to the different parts of the brain and ask the following questions?

What part of the brain is this?

What part of the brain is this?

Answer:
FRONTAL LOBE
aka
'The Brake'



Answer:
LIMBIC SYSTEM
aka
'The Accelerator'

Definition Questions

What part of the brain is known as the Accelerator? What is it actually called? When does it fully develop?

Answers: Limbic System The part of the brain located deep inside the head. It gets curious about new things and provides motivation to do things. It fully develops by age 11-12. It's nickname is the Accelerator.

What part of the brain is known as the Brakes? What is it actually called? When does it fully develop?

Answers: Frontal Lobe The thinking part of the brain located behind the forehead and halfway up the head. It thinks through situations and helps you slow down to think before acting. It fully develops by age 24-26. It's nickname is the Brakes.

Ideas for Long-Term Learning

More Questions

What is the brain's rule?

Answer: Use It or Lose It Rule The rule used by the brain to determine what skills to grow. The skills that are used grow the most connections in the brain.

What could happen if your accelerator is fully developed but, your brakes are not yet fully developed?

Answer: Risky Behavior The limbic system or the accelerator may get curious about things you should stay away from like alcohol, drugs, unhealthy food, being mean to others, staying on technology too much, or looking bad pictures online.

How can you strengthen your brakes?

Answer: Practice Using Them Saying 'hold on', 'wait a minute' or 'let me think first' before doing something strengthens the frontal lobe's brakes.

Build Frontal Lobe Skills

Teach students how to observe and praise themselves and others for engaging in frontal lobe skills like impulse control or good decision making. Examples below:

- I saw you using your frontal lobe to slow down and think!
- I like how you put on the brakes to think before doing that!
- Tell me how you used your brakes!
- Good job telling your accelerator to slow down!

Sing A Song

Pass, no thanks, not now, I'm good
Means your brain grows like it should
Press the brake, pick what to say then
Choose your brain and turn away

Saying 'no' helps my brain grow
Protection builds connection
When the accelerator wants to go
Activate the brakes by saying no!

Red Light, Green Light

Play the game Red Light, Green Light by asking students if they should use their brakes and stop (Red Light) or use their accelerator and go (Green Light) for the following behaviors:

- Meeting new friends?
- Staying on a video game too long?
- Eating five hamburgers in one day?
- Making the new student feel at home?
- Looking at a bad picture online?
- Saying something mean to someone?
- Staying on technology too long?
- Eating healthy food every day?
- Bullying someone?
- Trying alcohol or drugs?
- Taking medication prescribed to you?
- Being loving and kind to yourself?
- Trying to vape or smoke?
- Following the rules at home and at school?
- Sharing your friends with new friends?