

# YOUR AMAZING BRAIN

Your brain is the 'Commander in Chief' of your body. It controls how you feel, think, learn, move and solve problems. Scientists have learned that the brain keeps growing and changing as we get older. Did you know that the brain loves to solve problems? When you persist in solving a difficult problem you are growing your brain and making it stronger. The more effort you put into something, the better you get at it.



**CREATE** a 3-dimensional model of the brain that shows the 4 lobes - **Frontal**, **Temporal**, **Parietal** and **Occipital**. Once you have created your model think about the things your brain does really well, for example, do you see details that other people miss? That process is controlled by the occipital part of your brain. Figure out a way to show that in your model.

Let your completed model remind you of the things your brain is really good at. Your brain is special and strong. Plan ways to make it even stronger.



**PRESENT** your model to 2 other people. Take turns sharing your experiences creating the model. What was challenging? How did you work through the challenges? What did you already know about how to make a 3-D model? How did making the model challenge your brain? What did you learn about the brain?



**RESPOND** to your classmates' models. Compare your processes and experiences. What did you learn about yourself while making the model? How can the model help you better understand your own brain and its strengths?



**CONNECT** your feelings about solving difficult problems with what you learned about the brain. Remember a time when you had to persevere to get better at something - skateboarding for example. When did something that was difficult for you suddenly become easy? How did that happen?

# WRITE YOUR OWN INSTRUCTIONS



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