



PSHE

Yrs 7-11

The Brain

The Brain

Over the next few weeks we are exploring how our brains work and what they need, this is called Neuroscience; how we think, what we can do to avoid stress, relaxation, using our brains effectively and lifestyle.

The more we know the better we can understand how the brain functions and how we can support ourselves.



CHOICES

Our brain makes choices for us every second of every minute of every hour of every day.

It is important that the choices we make are good ones and do not effect us in negative ways.

Already today your brain would have made 1,000,000,000,000 choices!!!

Some choices are made subconsciously which means we do it without noticing or thinking deeply about it.



CHOICES

Conscious thoughts are made by thinking about what we are going to do. We need information and past experiences; likes and dislikes, successes and failures, interesting and boring, happy and sad, painful and enjoyable.

We weigh up the positives, negatives, gains and losses.

Have a quick discussion with your classmate and think of 5 examples each.

<https://youtu.be/JiTz2i4VHFw>



CHOICES

Our brain is a remarkable organ but we need to look after it as it works so hard for us every day. It's not just responsible for schoolwork but living, making decisions, avoiding danger and experiencing new things. It is even working when we sleep!!

<https://youtu.be/9BdzhWdVaX0>



CHOICES

So now we know a little more about how our brain works.

Time to look after it and 'press the pause button'.

Try and relax, close your eyes, listen to the music and think of NOTHING.

<https://youtu.be/7AkbUfZjS5k>

