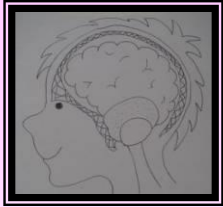


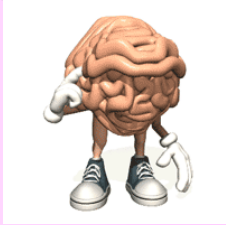
All about
your
amazing brain



What does your brain look like?



Find out about your 3 brains in one



What's it all about?

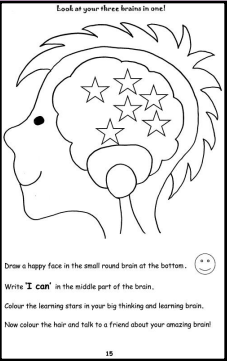
What have we found out?



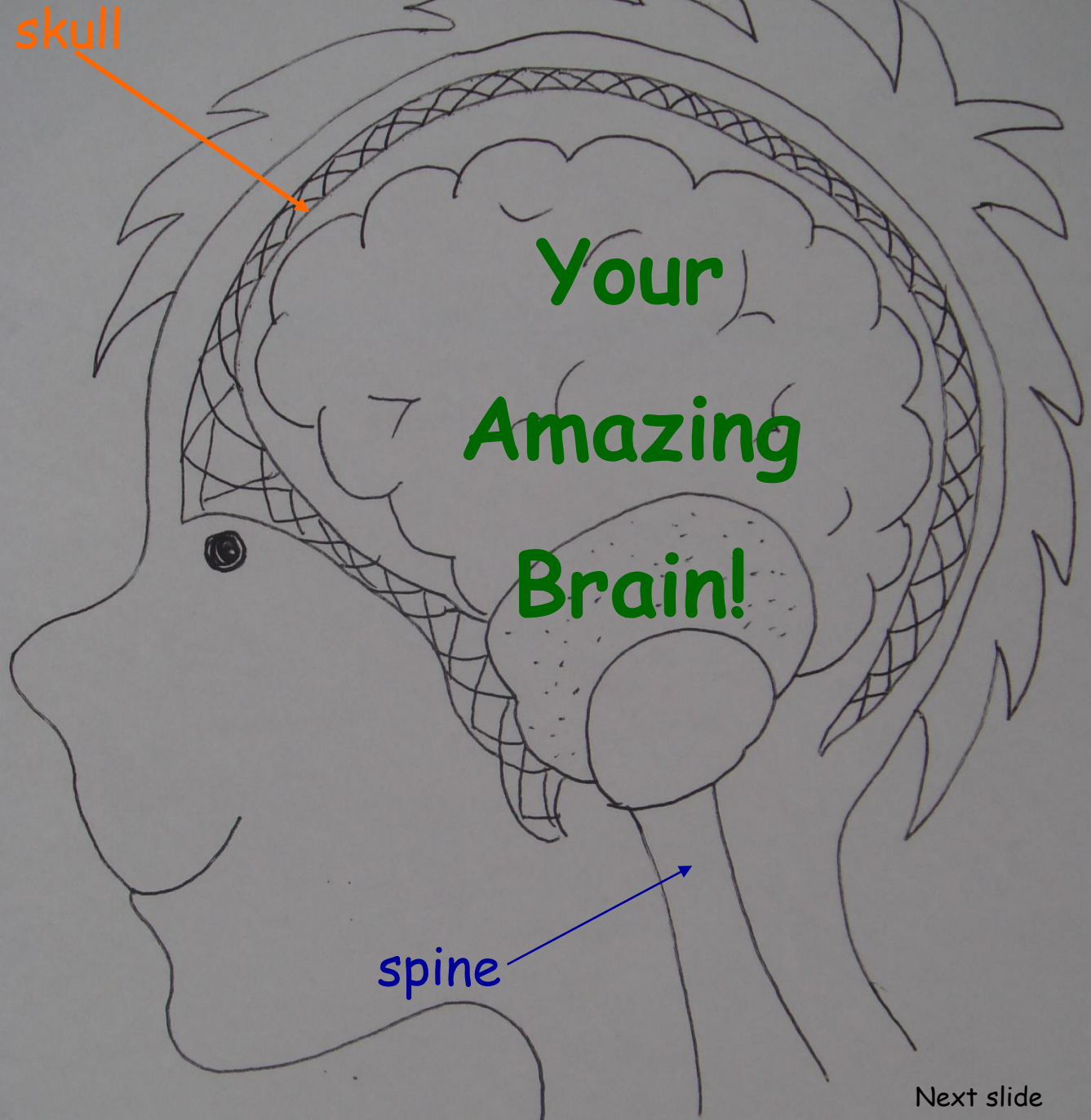
What can you do to HELP your brain?



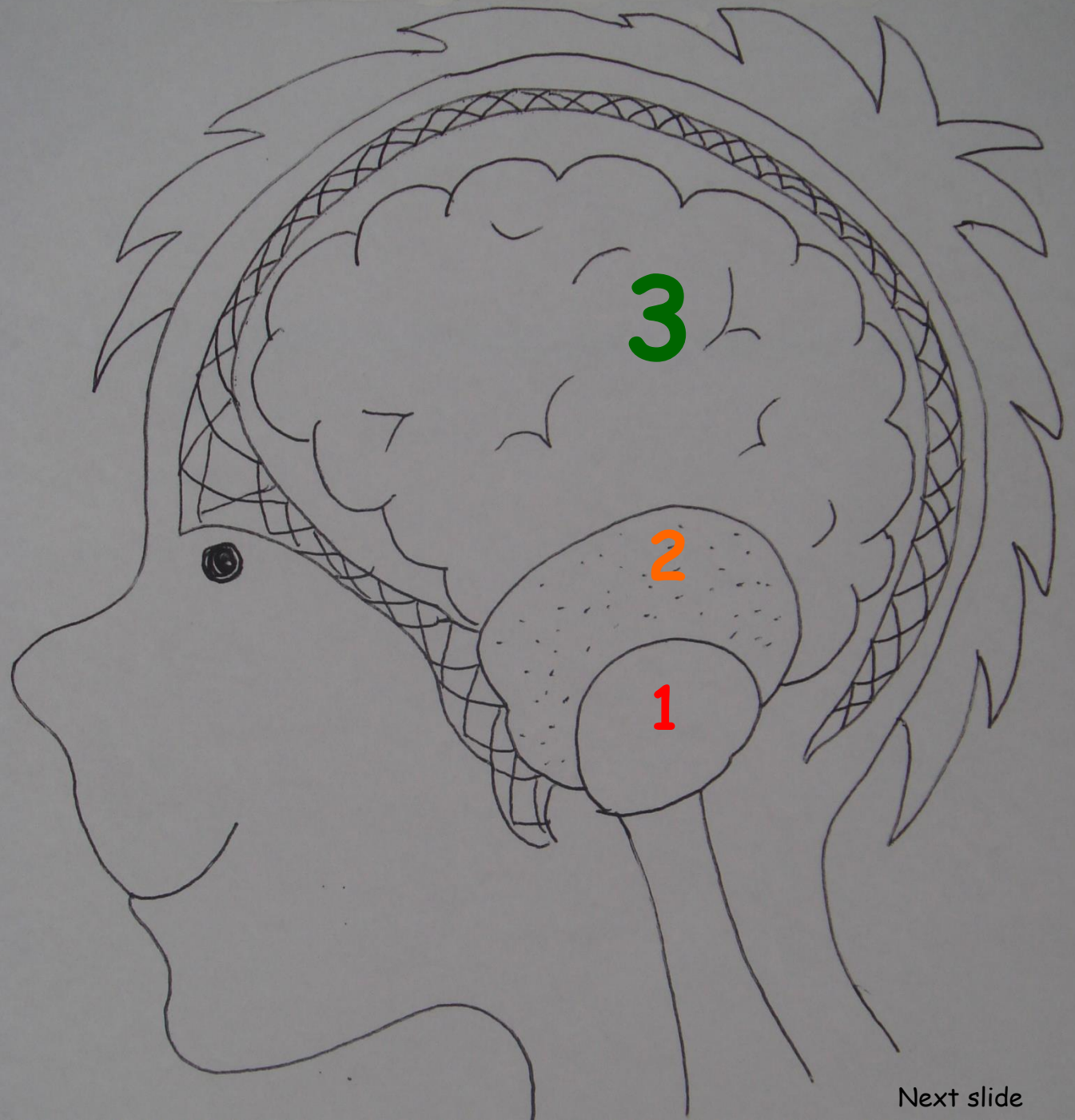
Let's colour our brains!



Imagine
you could
see inside
your
head...
what do
you think
it would
look like?



**Inside
your
head
you
have
three
brains
in
one!**

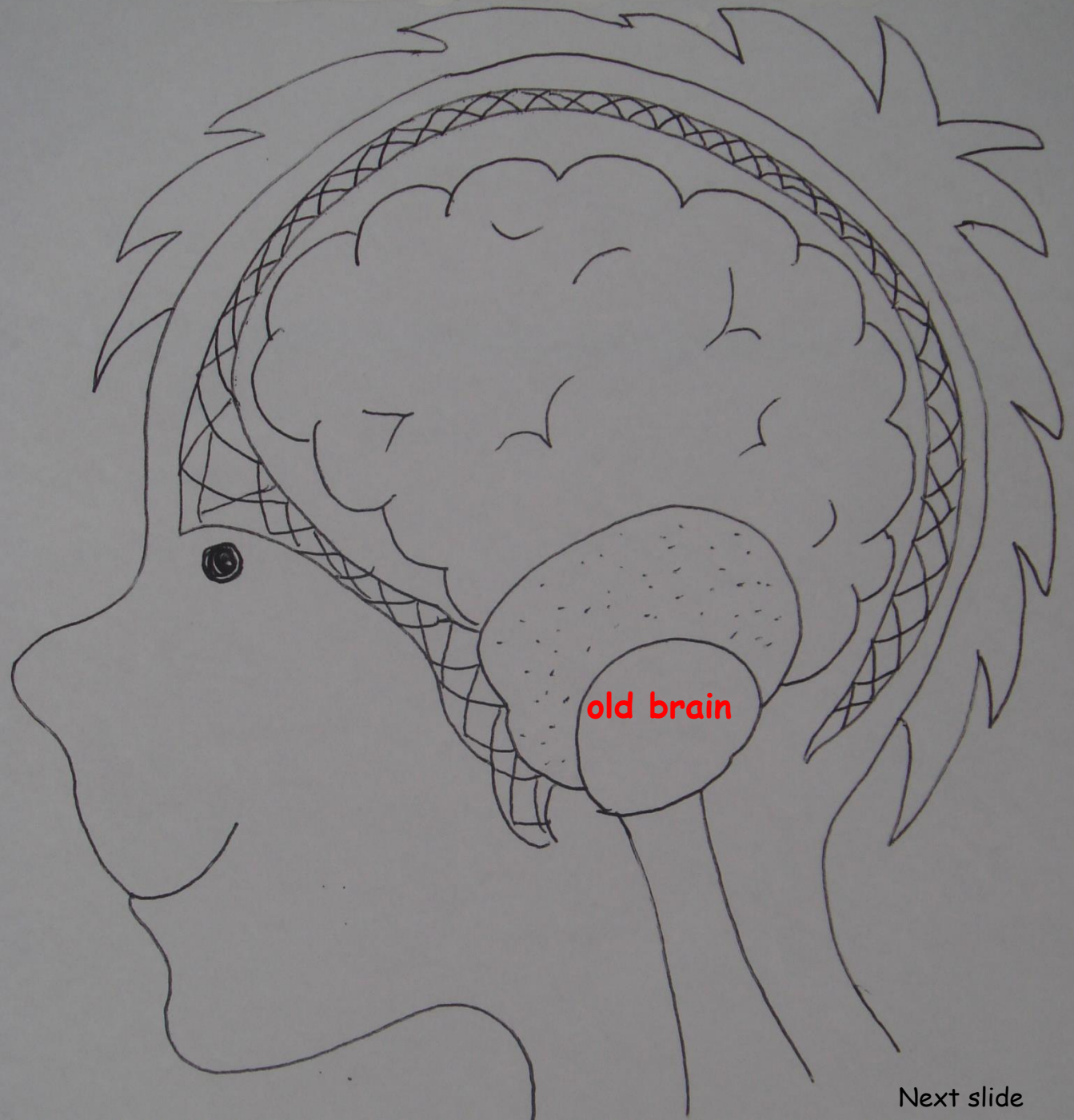


Next slide

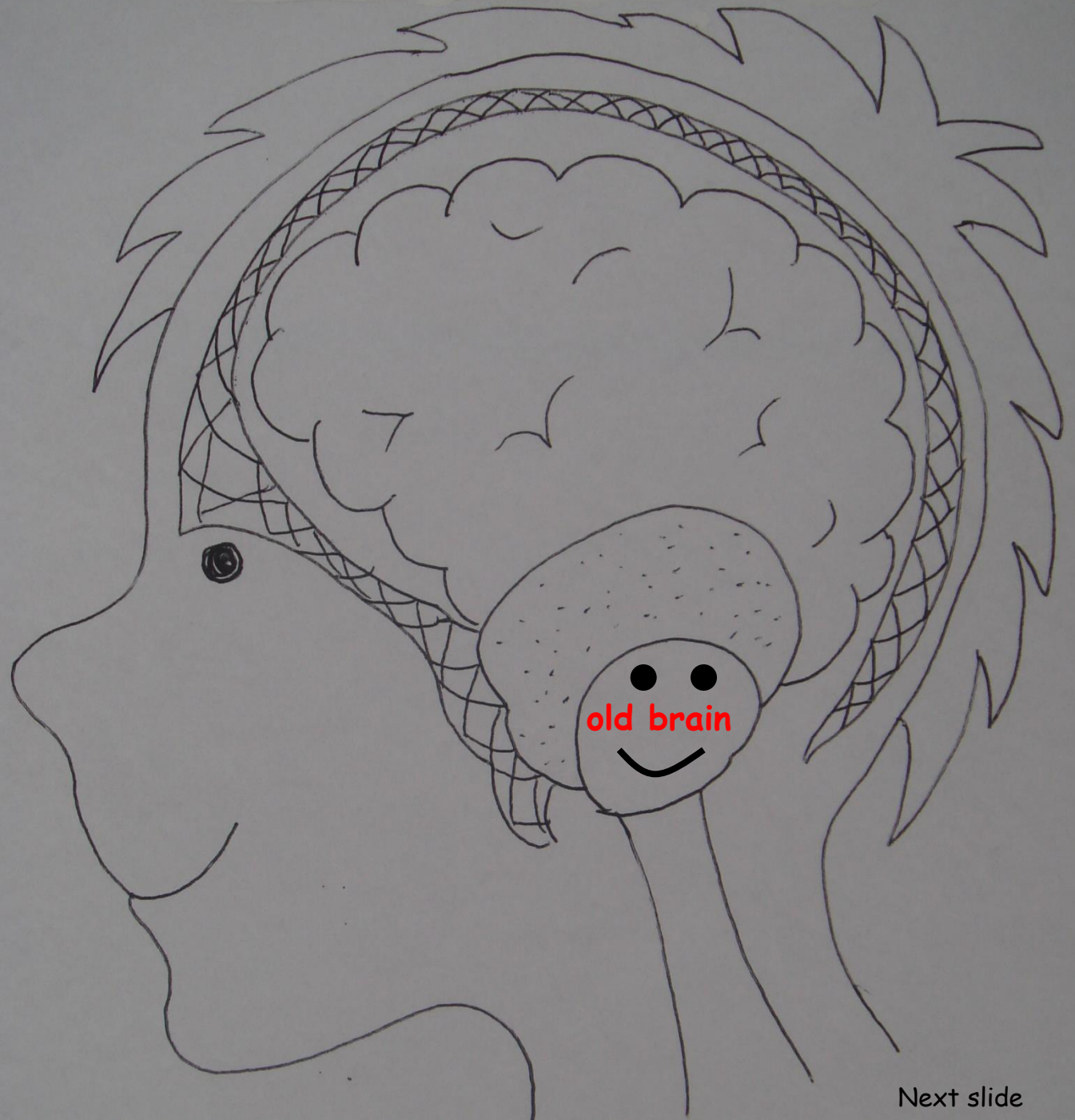
The
smallest
one is at
the bottom.

It is the
oldest and
looks after
us.

It tells us
when to
eat, sleep
and makes
us breathe.

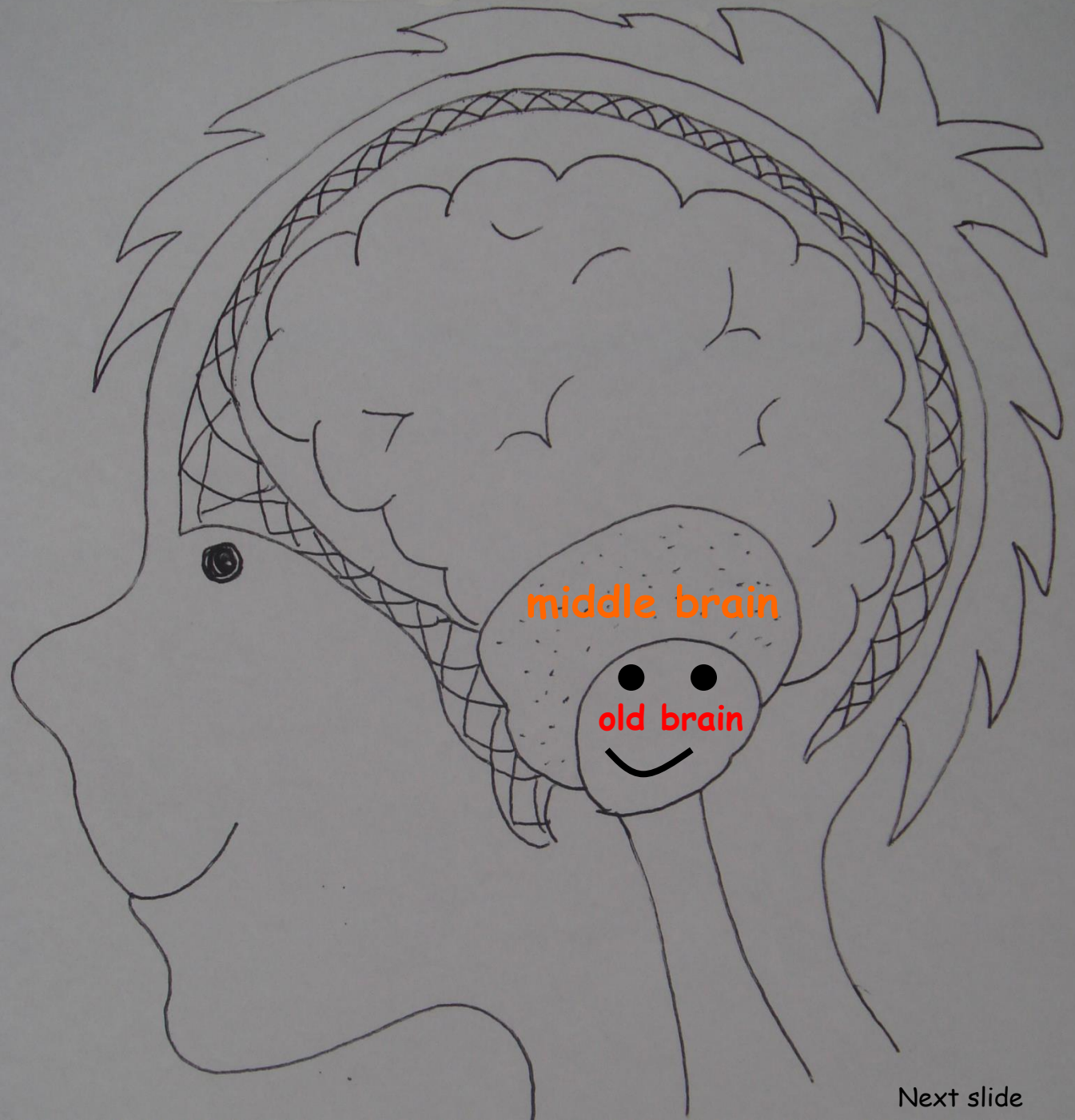


This old brain
wants to:
feel safe,
be happy,
have water,
have good food,
have a good
sleep,
have fresh air.

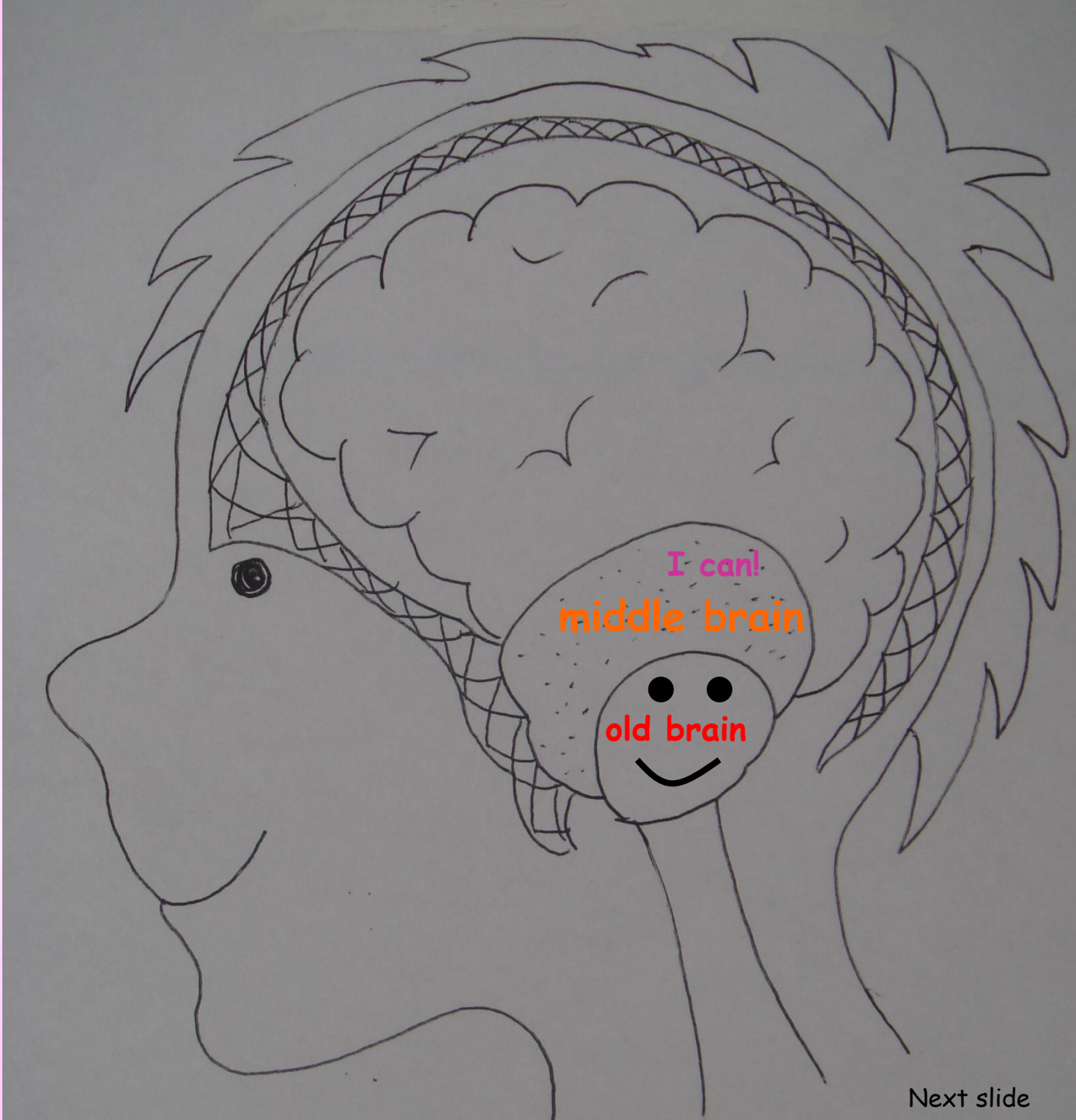


The second brain is on top of the old brain and called the middle brain.

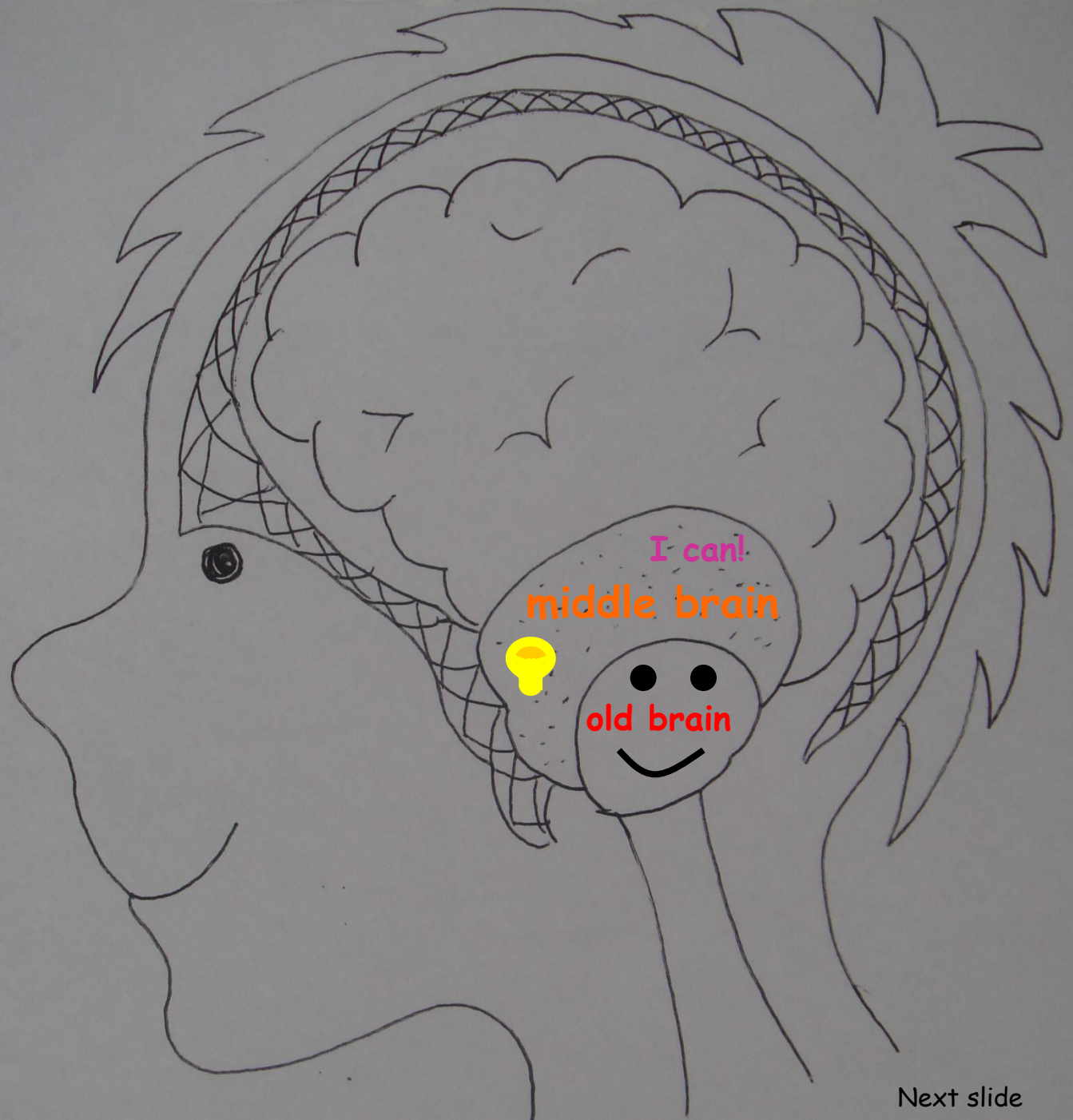
It looks after our feelings and helps us to choose to do things that are fun and interesting.



This brain needs to say "I can do that" and believe in itself.

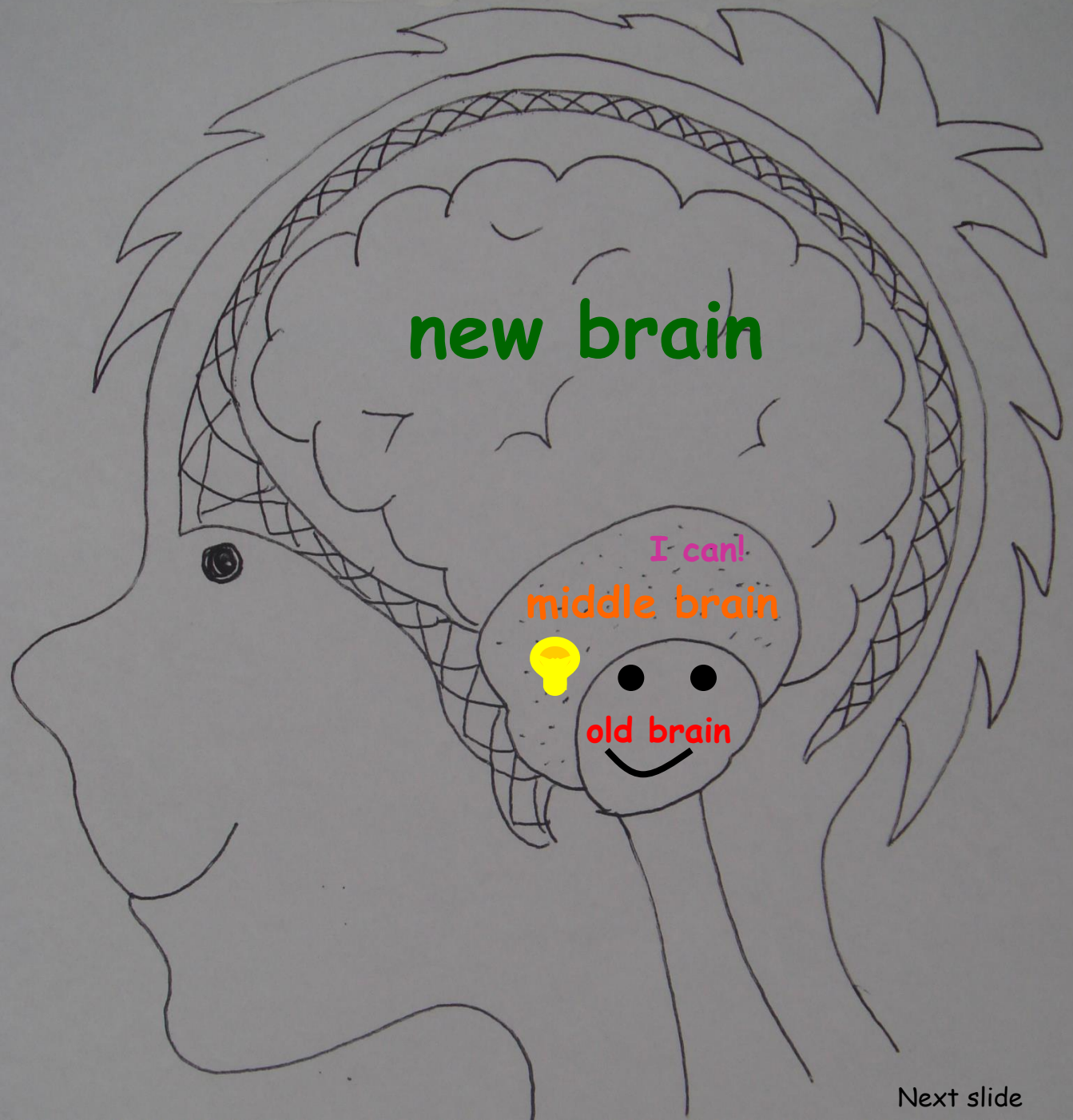


**It also
needs to
be sure
we listen
well by
switching
on its
light bulb!**

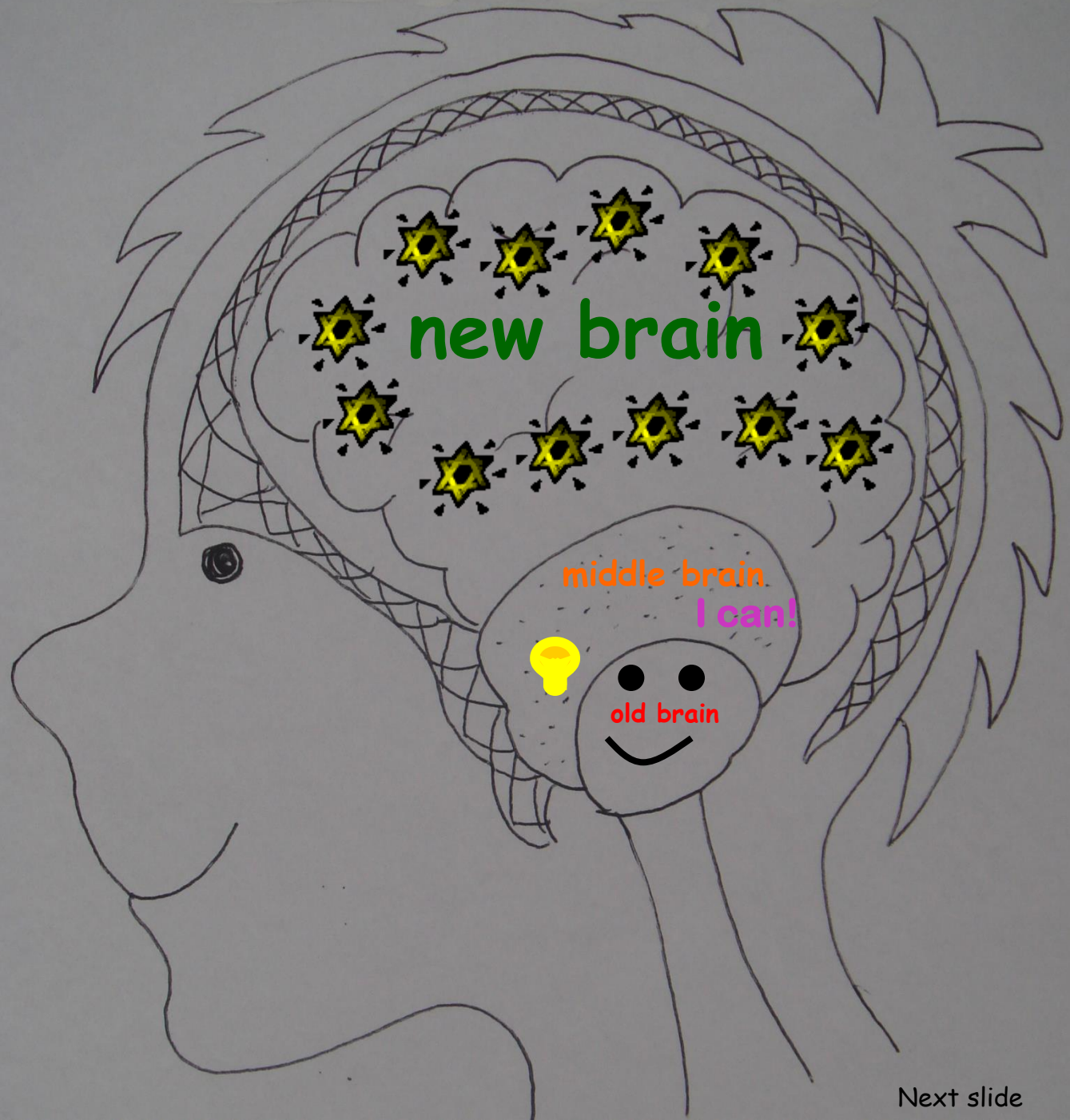


Next slide

Now you
are ready
to learn,
you can
switch on
your
third
brain,
the **BIG**
new one
at the
top.

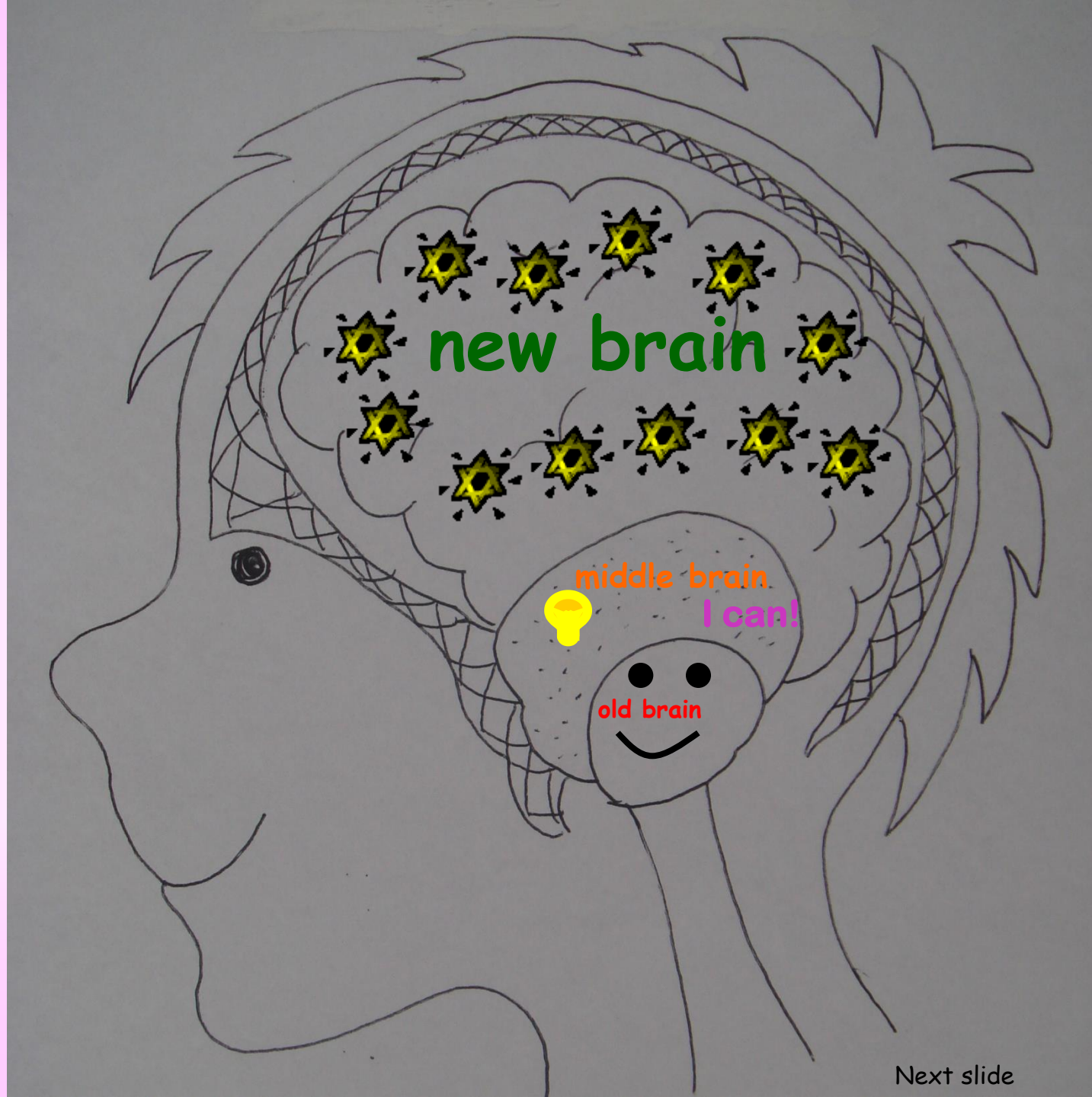


This is
where
your
learning
stars are
and they
twinkle
and
sparkle
when
your
other
two
brains
are
ready to
learn.



Three
brains
in
one.

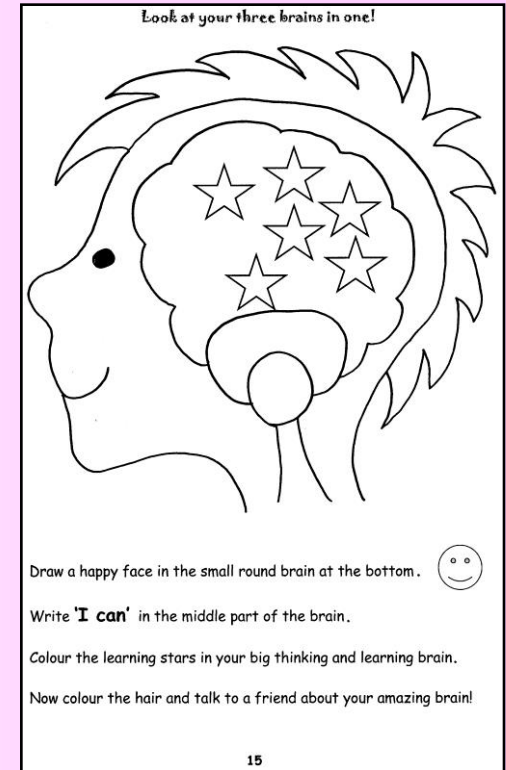
Are you
ready
to
learn?



Next slide

Now your teacher will give you your "three brains in one" sheet which you can fill in and colour.

This will help you to remember about your three brains in one.





HELP your brain to
learn -take care of it!
Give it...



Healthy food



Happy times



Fun outside



Water

Your teacher will have an activity
for you to do now to help you
remember what your brain needs to
HELP it learn!

Have fun!



So what do you need to remember to HELP your brain and make your learning take-off?

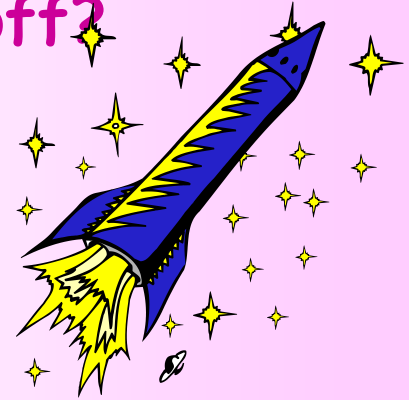
be happy



listen well



say... **I can do it!**



• Drink to think, drink to learn

• Eat well

• Sleep well

• Have fun

• Get lots of fresh air

• If you have a worry - tell someone!

