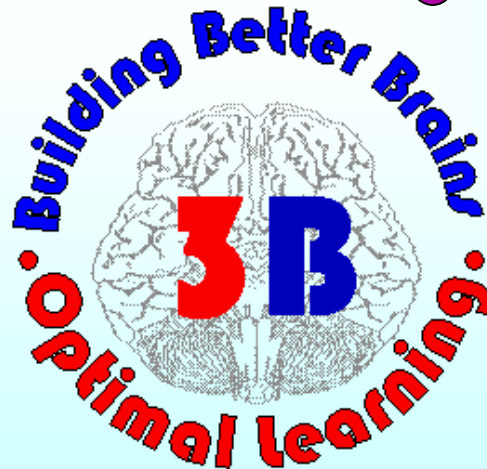
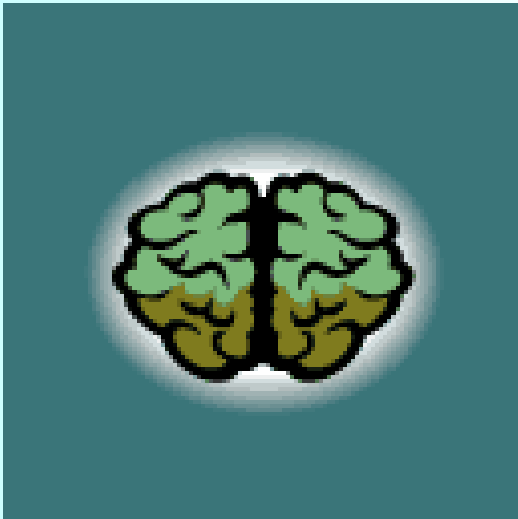
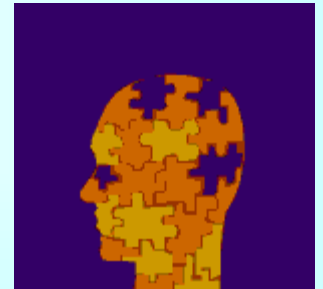


All about

Your Amazing Brain!



www.optimal-learning.net



Next slide

What does
your brain
look like?



About your
3 brains in
one



What have
we found
out?



The
BIG
picture

What does
each part
need?



Let's draw
our 3 brains
in one!



To start with, if you have ever wondered what your brain really looks like, here it is...



It smells of cheese

It feels like jelly

It is about 80% water

It is about the size of
an average cauliflower

WOW!!!

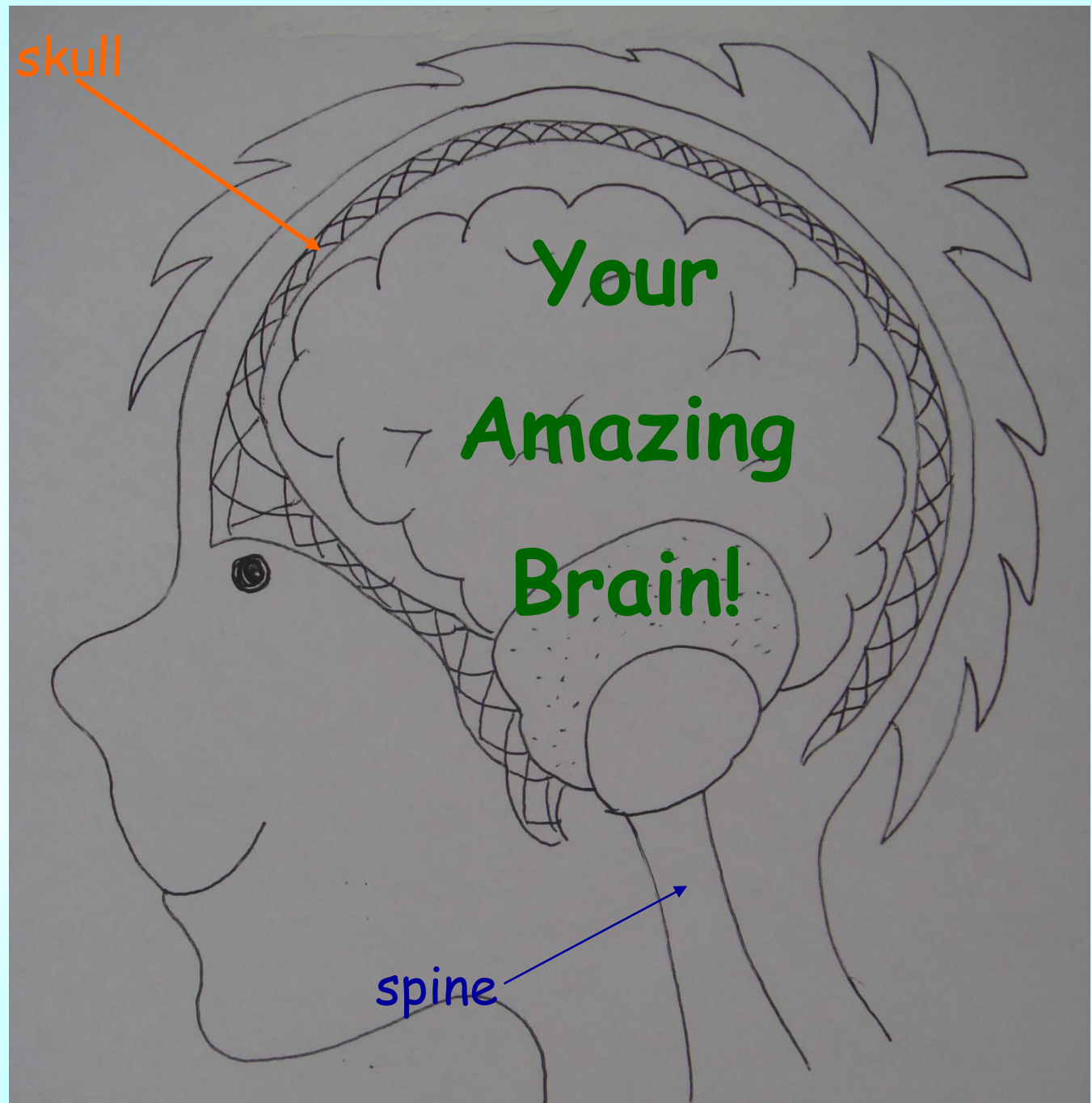
It weighs about 1.5kg

It has a neo-cortex that is
about 2mm thick

and about the size of four
A4 sheets of paper

Next slide

Imagine
you
could cut
your
head in
half
down the
middle
and look
inside
like
this...



Next slide

You would see the
TRIUNE brain-
three brains in
one!

In order to learn
you need to be

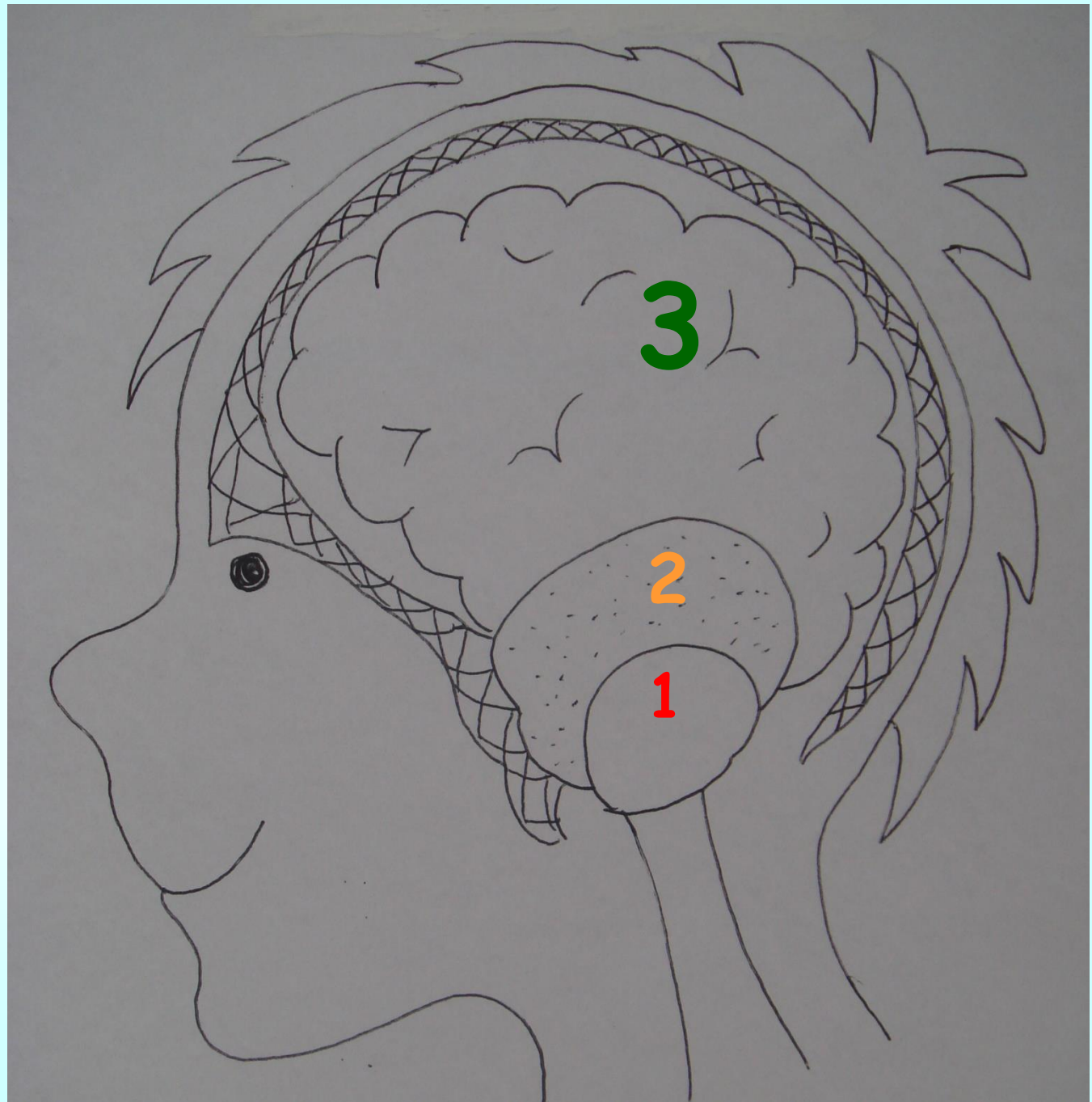
Relaxed

Alert (attentive)

Motivated

Positive -

In the right
mood!

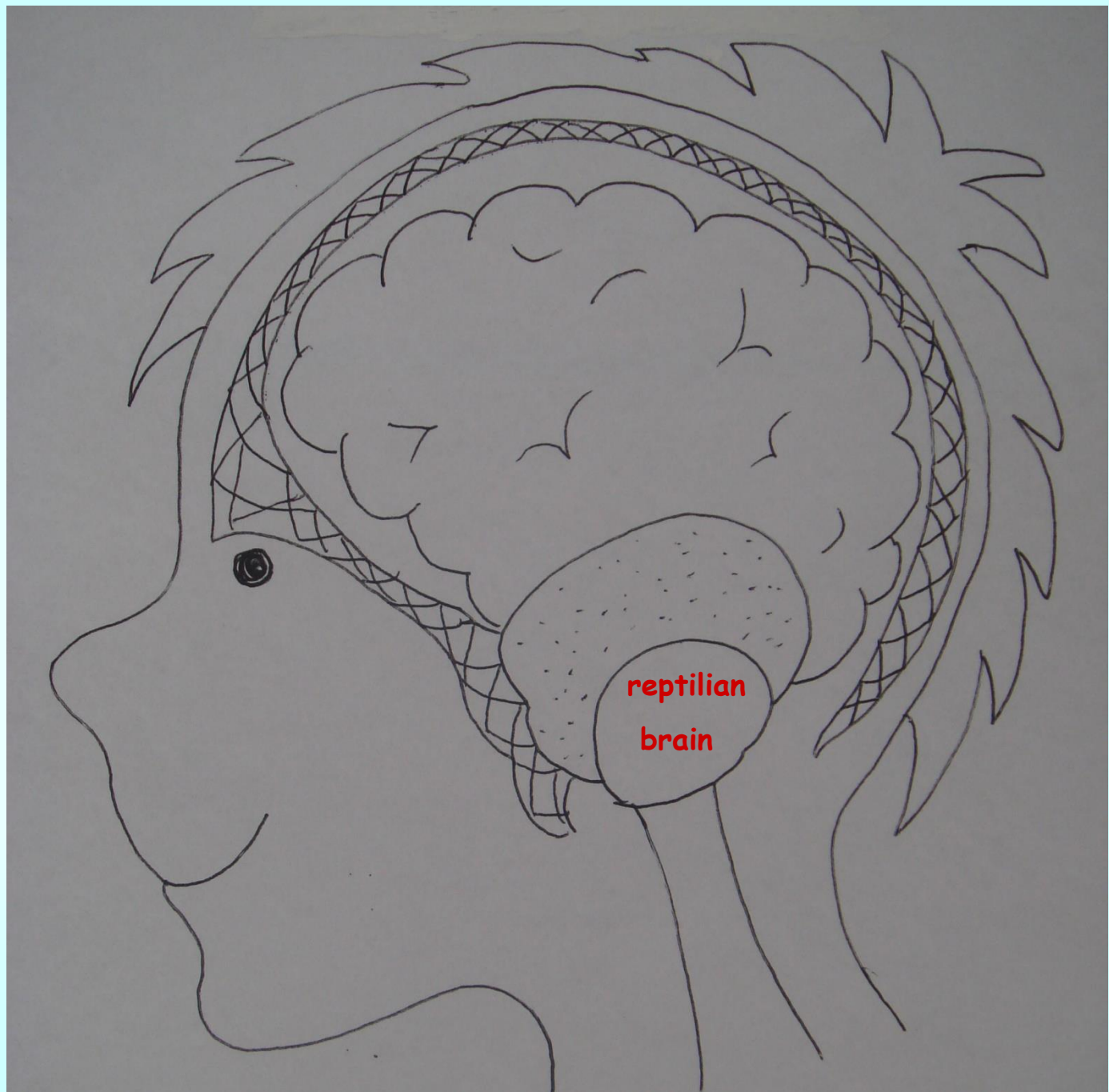


Next slide

The oldest
and smallest
brain is
called the
REPTILIAN
brain.

It looks
after our
physical
well-being.

It sits at
the bottom
and is about
5% of the
whole brain.



To be happy and
Relaxed
your reptilian brain
needs to:

- Feel safe
- Feel secure
- Feel comfortable
- Have water
- Eat breakfast
- Have a good sleep
- Have no worries
- Have its own space
- Have fresh air

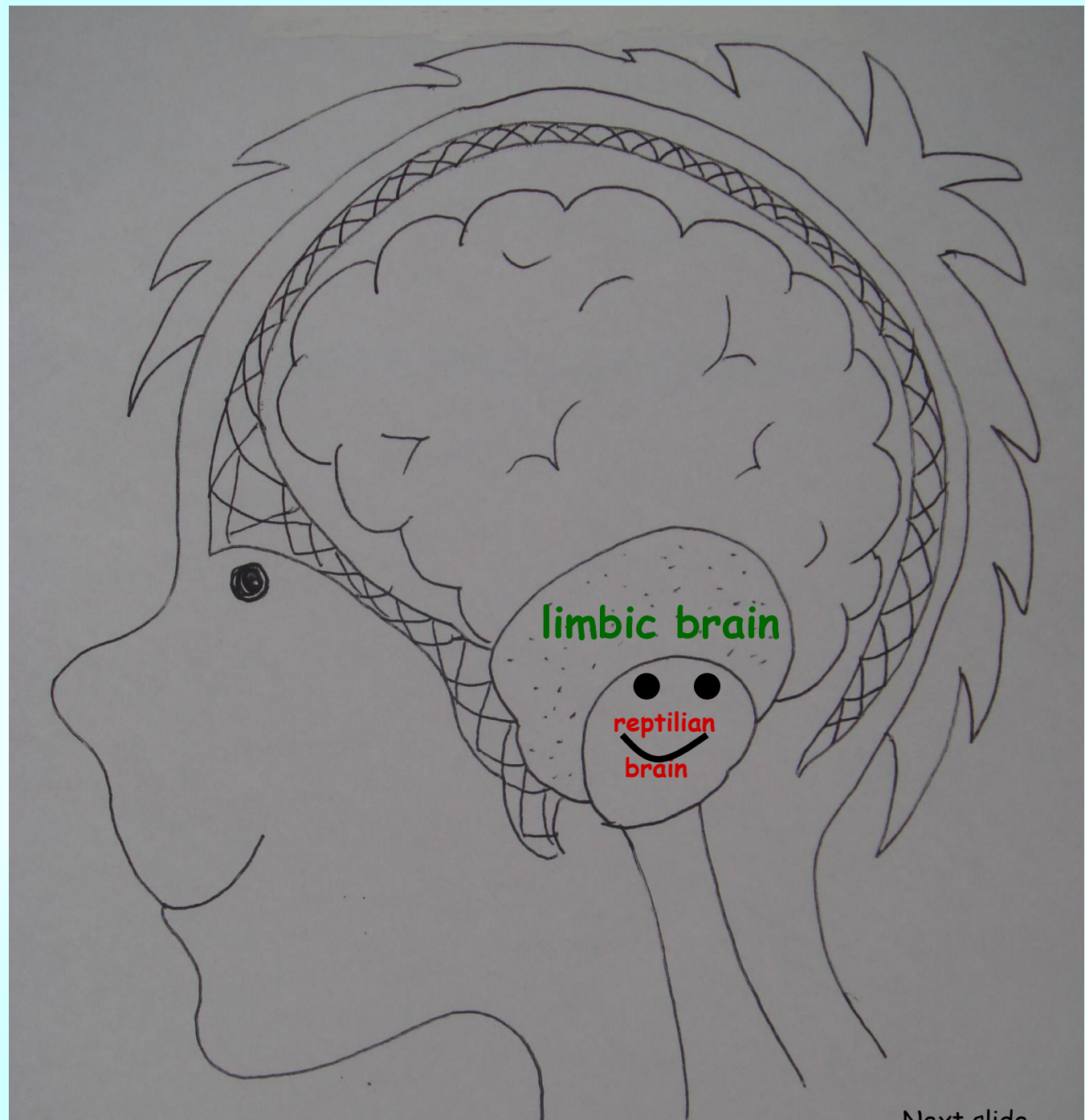


Next slide

The second brain is called the LIMBIC brain.

It sits in the middle and is about 15% of the whole brain.

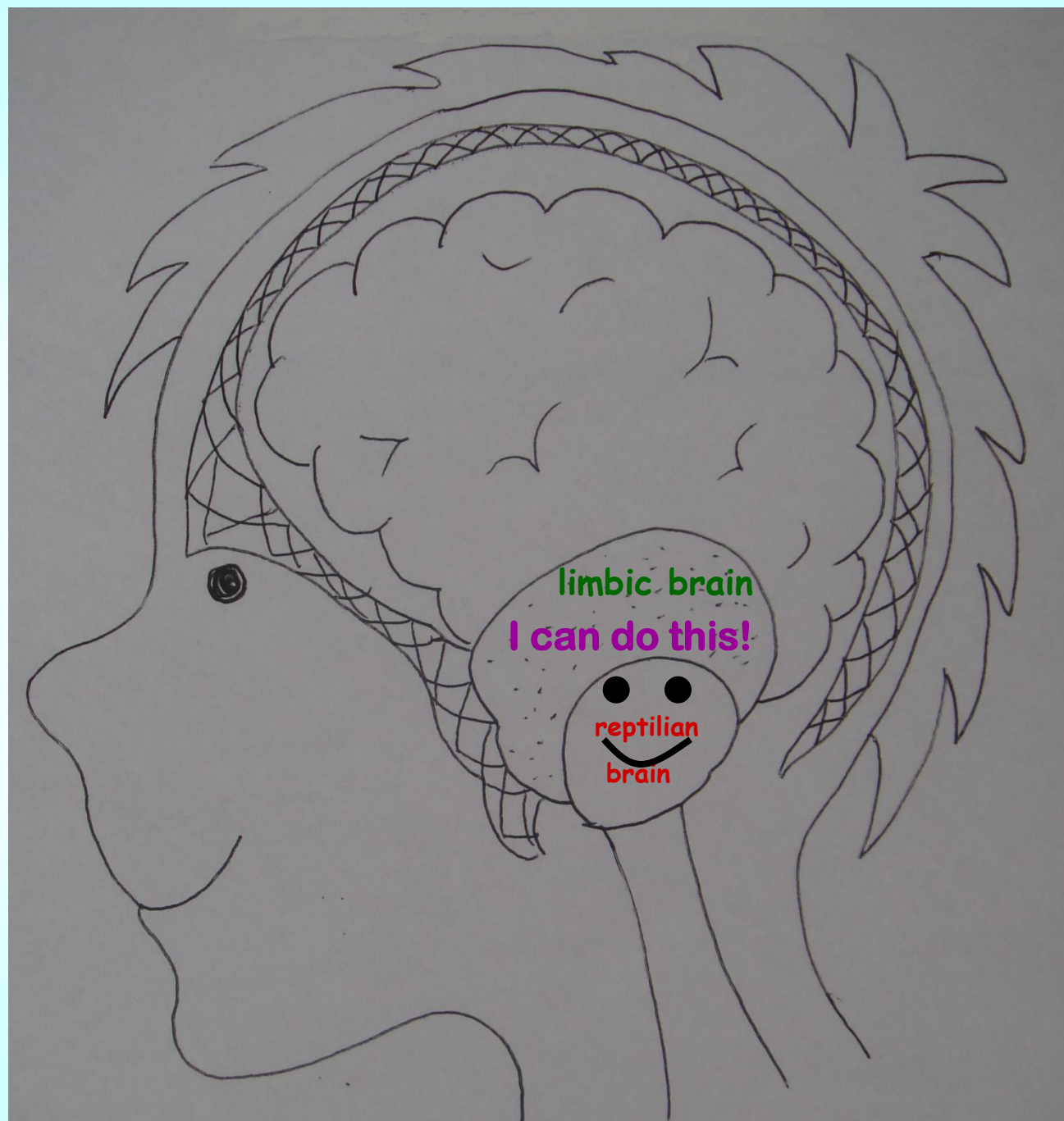
It deals with our feelings and emotions.



This brain directs
your
Attention - what
YOU find
important and
interesting.

It also controls
your
Motivation - what
YOU want to learn
and do.

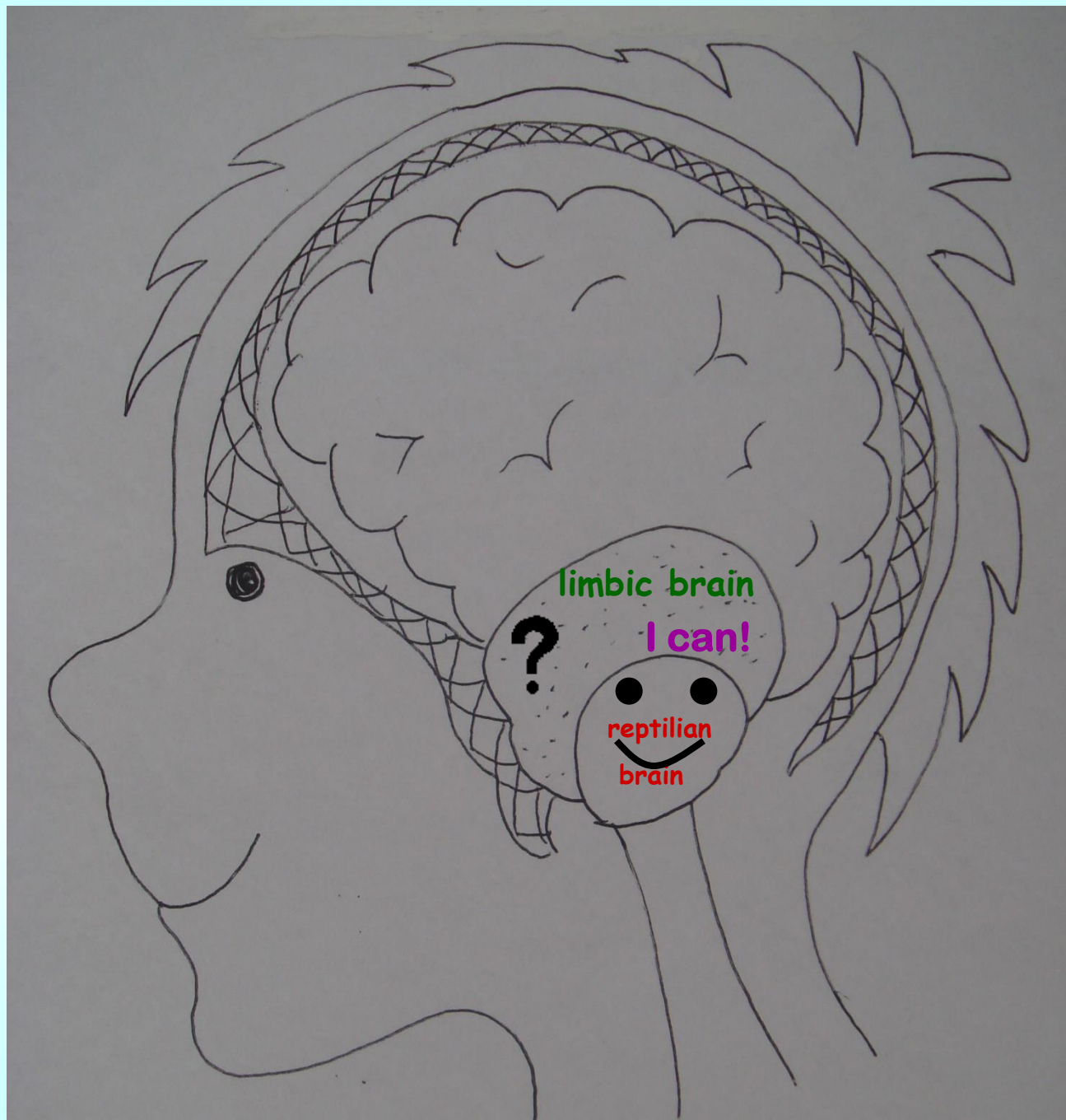
Finally, it
determines how
Positive
YOU feel - to be
able to believe
I CAN DO THIS!



It needs to pay attention by switching RAS on! (like a light bulb)

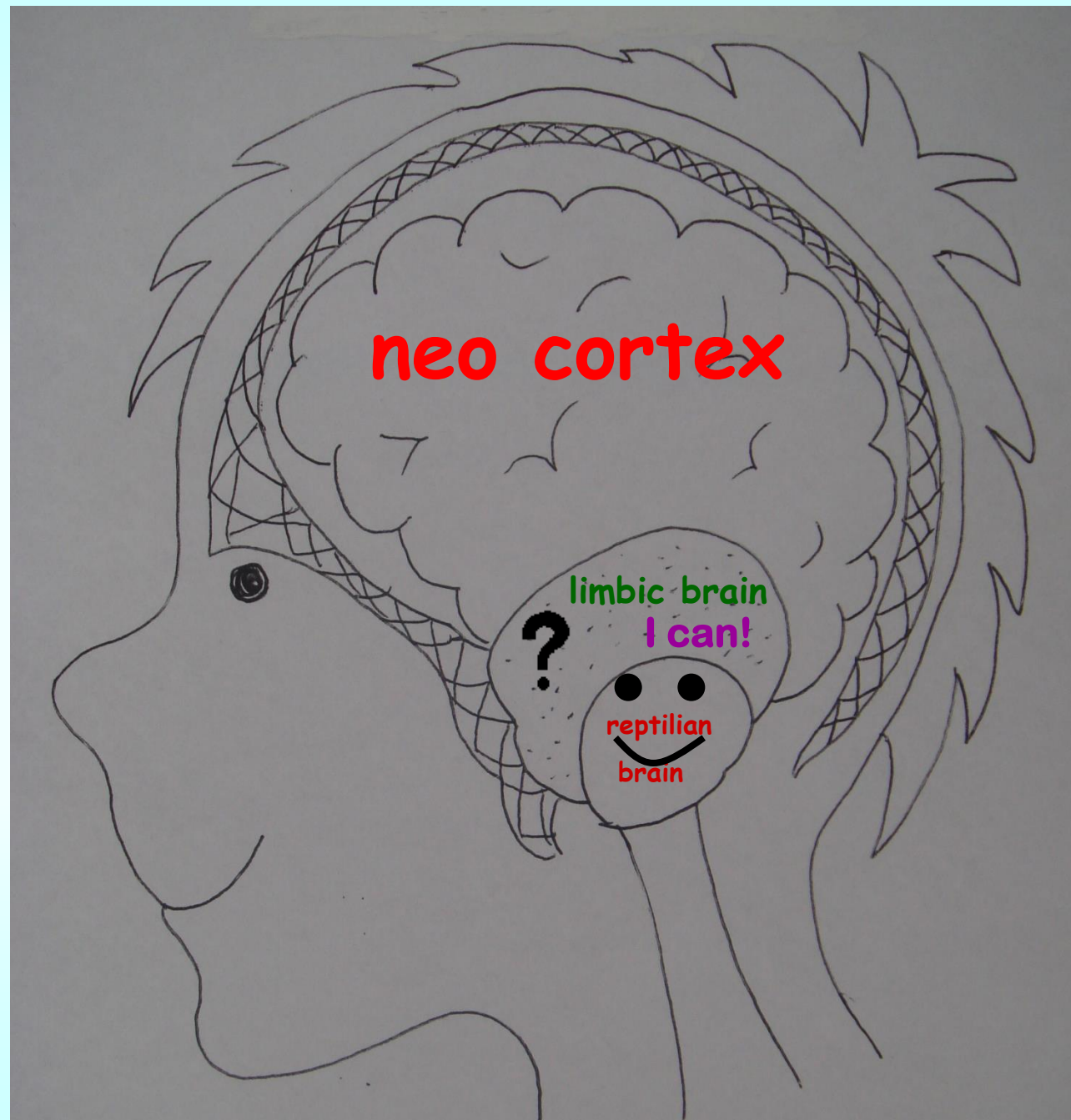
As long as you know why the learning is important and useful to you, RAS will be grabbed, lit up and you can listen well.

Be Alert and Motivated by finding wiifm - "what's in it for me?"



Once you are feeling ready to **RAMP**, and ready to learn you can switch on the 3rd brain, the massive learning engine - your neo cortex.

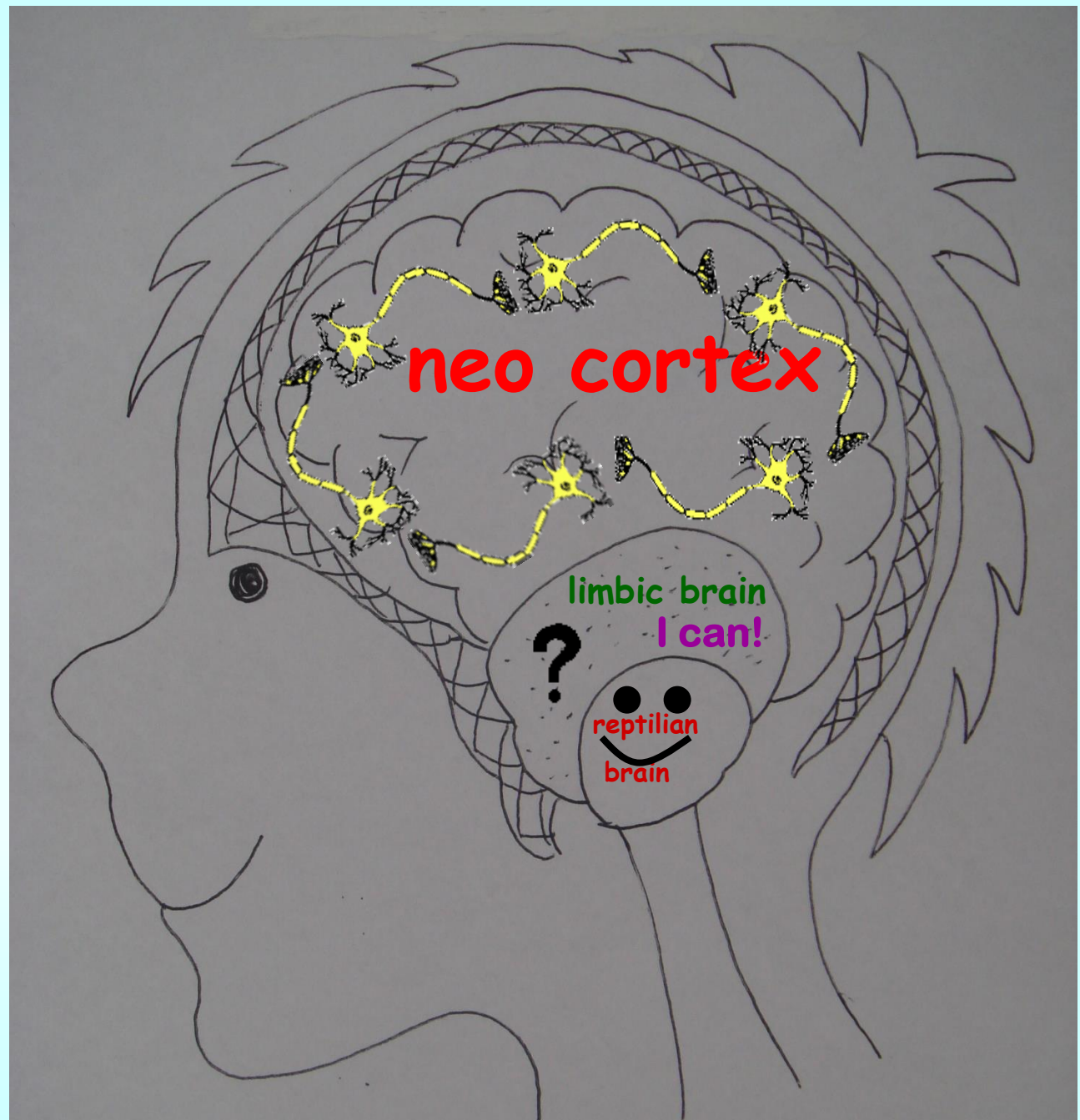
This is 80% of the whole brain and is where most thinking and learning takes place.



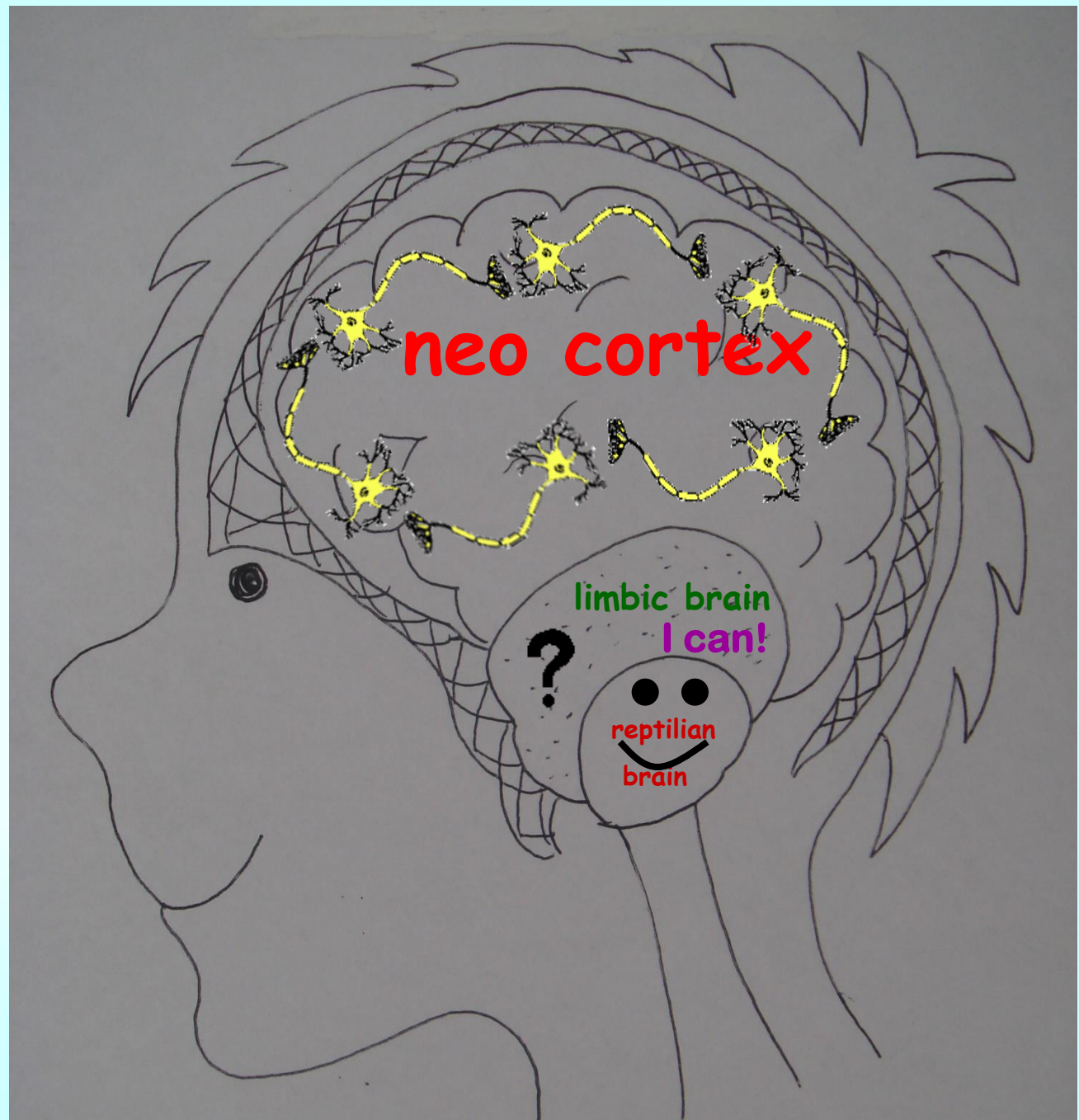
Brain cells make connections here as you learn.

This brain needs:

- to work in short bursts
- to have brain breaks
- to have feedback
- to have challenges
- to know why the learning is important
- to think



Now
complete
your
Triune
Brain
Task.



Next slide

Let's review your brain's needs...

Get

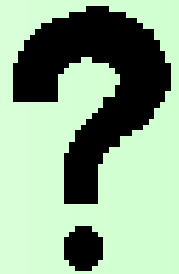
Relaxed

Alert

Motivated

Positive

By remembering what your brain needs...



Next slide

Reptilian brain needs...

to feel safe

to have its own space

to drink water

to have breakfast and a healthy diet

to have sleep

to have oxygen

to have no worries

to get rid of stress/
baggage



to be **RELAXED**

Limbic system needs...

- to believe in 'I can'
- to get RAS switched on by:
 - having fun with learning
 - being curious
 - wanting to learn
 - knowing *Wii fm*
 - having goals and targets



to be
ALERT
MOTIVATED
POSITIVE

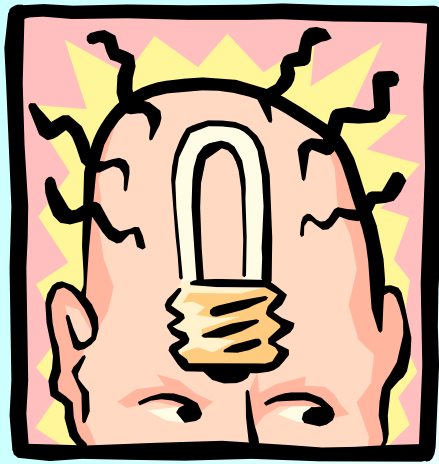


I CAN
do it!
BE POSITIVE!

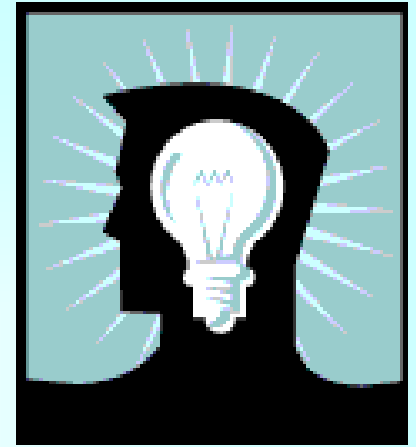


- I can't
- It's impossible
- No way
- Don't want to!
- I'm sick of...
- I hate...
- Forget it!
- Everything I do goes wrong!

- I can do that!
- Let's give it a try
- Go for it!
- Why not?
- I like a challenge!
- I think this will work
- I feel good about this
- I believe I can



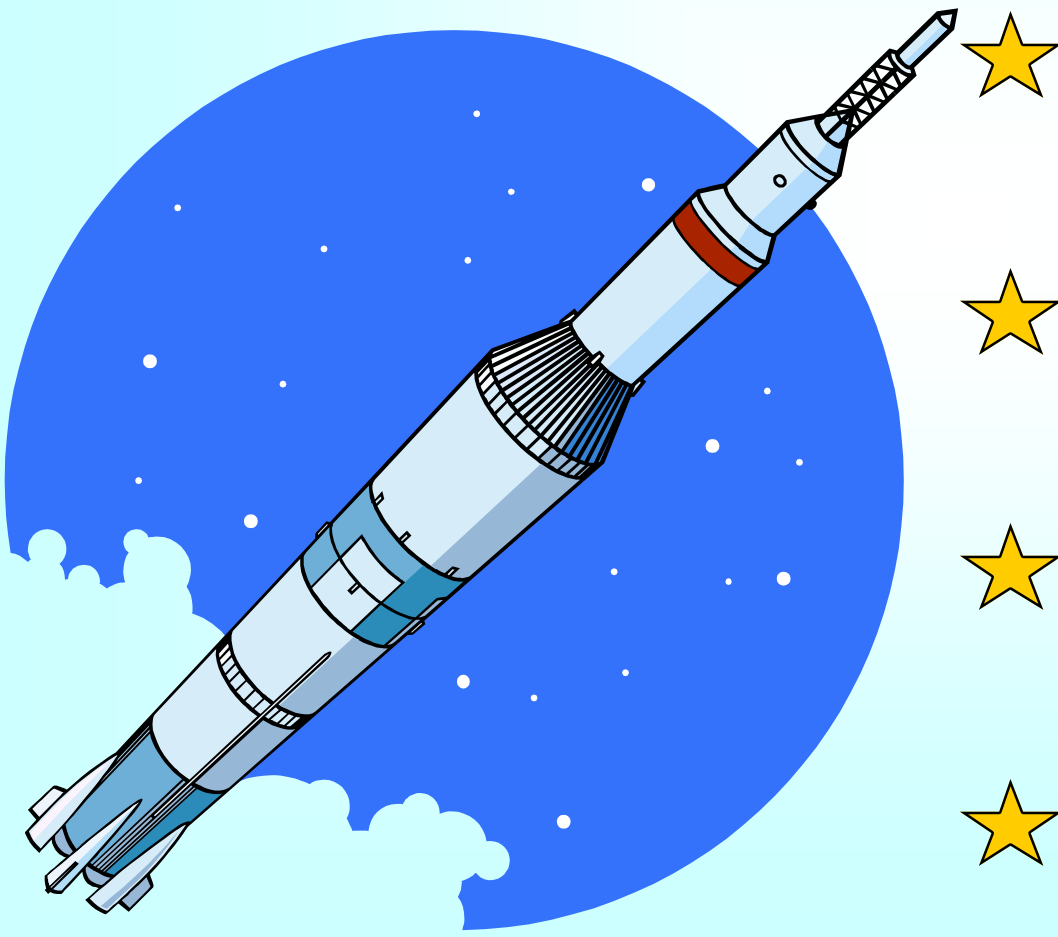
Switch
RAS on,
grab its
attention,
find
Wiifm



Next slide

Make your learning take-off...

RAMP it up!



Relaxed



Alert



Motivated



Positive

Next slide

Your neo-cortex will learn best when...

it works in short bursts
(has brain breaks)

it knows why the learning is
important and relevant to
what has gone before

it is told how well its doing
now

it does new and fun things

it uses all its senses as
much as possible

it is curious and
challenged

it thinks and uses things
it has learned



Next slide

Your teacher will have an activity for you to do now to help you remember what your brain needs to work well.

Have fun!



⊕ The BIG Messages

⊕ Be Relaxed-no stress



Alert-RAS on!

Motivated-wiifm



Positive-say 'I can'



NOW you are ready to
learn!

