

MINDUP™ OUR BRAINS

What's Going on in My Brain?

Draw what you think is going on inside your brain when you are:

- Happy
- Worried
- Making a choice
- Looking forward to something

Try and show what is happening to the Wise Owl (PFC), the Elephant or Hippopotamus (Hippocampus) and the Guard Dog (Amygdala) in each of these situations.

Brain Superheroes

Imagine the PFC, the Hippocampus and the Amygdala are superheroes. Give each a name to explain their roles and draw pictures of your superheroes. Try and make up a story that involves all the superheroes. You may choose to draw a cartoon of your superhero story.

I'm Feeling Calm

Draw a picture of yourself feeling calm and thinking clearly. Around the edges of your picture write different words to explain what you are doing, how you are feeling, what you are thinking, how your body feels. Below your picture, describe the situation. Explain how your PFC was working.

Favourite Memories

Draw and write about a favourite memory that is stored in your Hippocampus. It might be a favourite memory from school, or from home or from another time. Use your Hippocampus to think of as many details as you can remember to include in your picture. Why do you think this memory popped into your head when you were thinking of your favourite memories?

You may choose to keep a favourite memories book or box and put your own drawings or pictures in to store your favourite memories.

Brain Poem

Write a poem about the Amygdala, the Hippocampus and the PFC. To get started, think about these questions:

- Why is each part important?
- How do the parts work together?
- When does each part go into action?

You might choose to use the letters from each word to start each line of your poem.



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MindUP Words Connection Game

You will need to play this game with at least one other person. Use one word at a time from the list below to play the game. To start, one person says a word from the list. Then each of you in turn says another word that connects to the previous word. Keep taking turns to say another word that connects to each previous word. When you can't think of any more words in that connection, start again with a new word from your list. We have started the list of words for you below, but you can add your own words to the list to play more word association games.

- | | |
|---------------|---------------|
| • Amygdala | • Angry |
| • Thinking | • Hippocampus |
| • Happy | • Calm |
| • Memories | • Cortisol |
| • Wise Owl | • Breathing |
| • Emotions | • Guard dog |
| • Memories | • Friendships |
| • Choices | • Dopamine |
| • Connections | • Neurons |

Amazing Brain Facts!

Did you know your brain never stops thinking, even when you're asleep? Or even that you can solve problems when you dream? Can you find out other amazing facts about the brain? You may choose to use books or the internet to help you with this challenge. Make a list or a poster so you can share all your amazing brain facts with others.

Emotions Mask

Choose an emotion or a feeling. Create a mask for that emotion and draw a picture of it. Use colours and shapes and patterns to show how you feel when you experience that emotion. If you have the materials at home that you are allowed to use, you could make your emotions mask.

Brain Exercise

Be creative and create a new game to play. Use your Prefrontal Cortex (Wise owl) to think of a game you could play today.



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