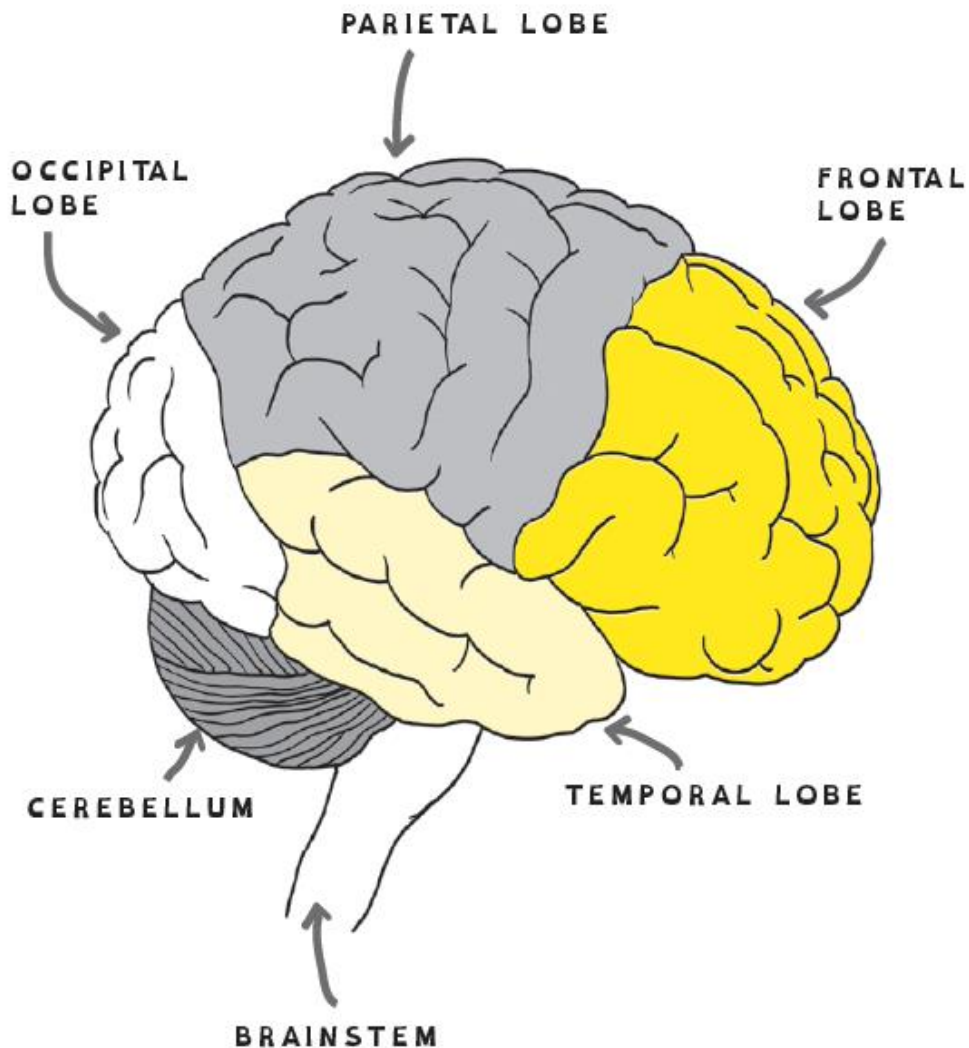


Extract 1

Your brain is cleverly organised into different parts.
Each one does a specific job. Let's take a closer look:



FRONTAL LOBE

Where you do all your important thinking and decision-making. It also controls movement and speaking. That time you thought you were a superhero and decided it would be a good idea to jump from the fifth step, sprained your ankle and shouted OUCH! when you landed? You can thank your frontal lobe for all that.

PARIETAL LOBE

Where you experience the world around you, like when you touch something. So when you stub your toe on the corner of your desk and immediately jump up and down in pain, that's your parietal lobe kicking into action.

TEMPORAL LOBE

Deals with things like hearing, memory and emotions. Remember your favourite nursery rhyme from when you were a much smaller person? Well, that's sitting somewhere in here!

OCCIPITAL LOBE

In charge of what you see and uses information from your eyes to recognise objects and colours. It also helps you get an idea about how far away things are. You're using this part as you read this book right now.

CEREBELLUM

Helps control balance and movement. If you like dancing, you probably use this part of your brain quite a lot.

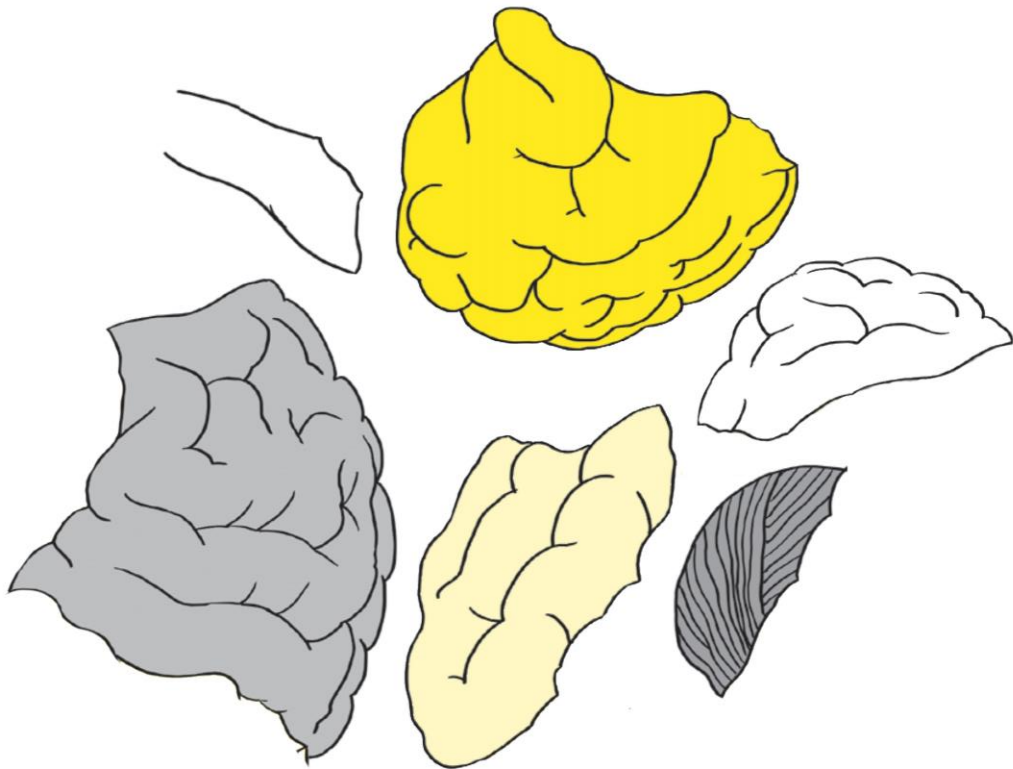
BRAINSTEM

Connects your brain to your spinal cord. The spinal cord is the bundle of nerves that comes out of the bottom of your skull and runs down your back. The brainstem also does things like make sure you breathe, that your heart keeps beating, and other things that you probably don't pay attention to.

Activity Sheet 1: Brain Jigsaw!

Can you complete the brain jigsaw?

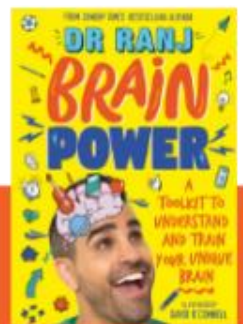
1. Colour in the different areas of the brain below.
2. Cut each one out and see if you can piece them together to make a brain
3. Stick your brain onto a piece of paper (the brain you've just made, not your *actual* brain)
4. Label each area of the brain and then write a few words to describe what this part of the brain does.
5. Can you draw a picture or symbol to represent what each area of the brain does?
6. Which parts of *your* brain have you used while doing this task? Discuss with your class!



Frontal Lobe
Occipital Lobe

Parietal Lobe
Cerebellum

Temporal Lobe
Brainstem



Extract 2

neurons connect with each other and make tiny circuits. And they carry that information using electricity too. Did you know that these electrical signals travel at over 400 kilometres per hour? That's faster than a Formula 1 racing car!

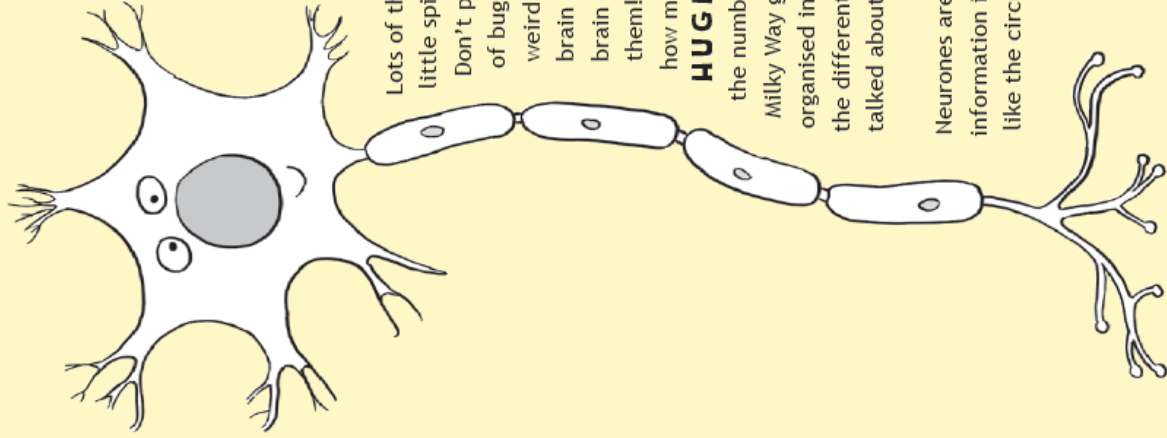
BACK TO THE BEGINNING

Now that we know what your brain looks like and what it's made up of, let's go back and explore how it all started. So cast your mind back to before you were a baby.

OK, that's impossible because you won't remember any of that. So let me fill you in . . .

Your brain starts developing long before you are born, while you are an embryo (that's what we call you when you are still inside your mum and really tiny – you've been in her tummy only for about two weeks at this point!). It starts off as a tiny tube, called the neural tube, which is a few millimetres long. This tube then grows and starts to fold up. Different parts of the tube go on to make different parts of the brain, and the last bit makes the spinal cord. So everything inside your head started off as a tiny straw!

Fortunately, our brains don't stay that small and they grow rapidly to become what you have today.



Lots of things that look like tiny little spiders all holding hands! Don't panic, your brain is not full of bugs! That would be seriously weird. Those spidery things are brain cells, or neurons. Your brain contains over 100 billion of them! You might not appreciate how many that is, but that's a **HUGE** number – the same as the number of stars in the entire Milky Way galaxy. They are all organised into groups that make up the different parts of the brain we talked about earlier.

Neurons are what carry and store information inside your brain. Just like the circuits inside a computer,

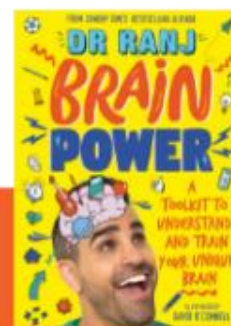
Activity Sheet 2: Practice Makes Perfect

What new skill would you like to learn? Perhaps you'd like to be able to play a particular tune on the piano, do a cartwheel, recall your four times tables or memorise a poem or song? Decide on a goal you would like to reach and answer the questions below to help you plan how to achieve this goal!

What is my goal?	
When will I practise and for how long?	
What do I need?	
Who could I ask to help me?	
What will happen in my brain when I practise? (Write a description or draw a picture.)	
How will I feel when I reach my goal?	

Reaching your goal will require persistence. You will need to practise over and over, just like Dr Ranj on Strictly Come Dancing! In the space below, write some words of encouragement for yourself. Then ask some friends to add their own words of encouragement for you too!

Whenever you need some motivation to keep practising, you can come back and look at this page!



Extract 3

POSITIVE POWER!

Now let's talk about the positive stuff. Thinking about positive things and showing positive emotions doesn't just make you feel better – it's actually good for you! Here's how:

- 1) **HAPPINESS** – did you know that when we are happy it helps our minds and bodies to relax? Happiness means we have less stress (that's another way of saying worry), and too much stress can be bad for us. So crack a joke every now and again and see if it gives your friends a giggle!
- 2) **KINDNESS** – when we are kind and do things for other people, it doesn't just help them. It helps our own minds too. Doing acts of kindness releases chemicals called hormones inside our brains that help us relax and feel good. So why not try to do something nice for someone else every single day?
- 3) **FRIENDSHIP** – having friendships and positive relationships with other people helps us to feel safe and gives us a sense of belonging. It also means we have someone to talk to when we're having a difficult time. In fact, just knowing that someone would be there for you if you needed them is really comforting. All of these things are good for our mental health. So why not make a new friend or speak to someone in class that you haven't spoken to before?



Activity Sheet 3: Sharing Happiness and Spreading Kindness

- What helps you to feel happy? Perhaps stroking a pet, playing with your cousin or riding your bike? Write down all the things you can think of on a mind map
- Find someone in your class who you haven't spoken to before or don't know very well. Share your list with them. Can you find something that you have in common – perhaps something that you both enjoy?
- Now, you are going to work together as a pair to help make somebody else feel happy! Think of somebody in your school who helps you, for example a lunch time supervisor, teaching assistant, cleaner, sports coach, cook or teacher. You are going to make a 'Thank you' card to show them kindness and appreciation. On the front, create a bright, happy design. On the inside, write a thank you message to show that you are grateful for all they do.
- How do you think they will feel when they receive it? How do *you* feel doing something kind for somebody else? Can you think of 3 words to describe how you feel?
- Put your 'Thank you' card in an envelope and deliver it to your special person!
- Dr Ranj says, 'why not try to do something nice for somebody else every day?'. Can you think of any more small acts of kindness you could do for others in school or at home? Why not make a list and spend the next week picking and completing one thing each day.
- As a class, discuss how happiness, kindness and friendship are connected.
- What have you learnt from Dr Ranj about mental health?

