

# Our Brain

**The brain is a muscle it can stretch and grow. At Ponsonby Primary we know how to look after our brain! We want our brain to work for us.**

So ask  
yourself  
what  
does  
your  
brain  
do?





Your brain helps you **think** ...  
and **remember** ...

and name what you **see** ...  
and what you **hear** ...

It lets you move your body ...  
and **feel**—both touch  
and emotions.

**SAD HAPPY FEAR CARING LOVE HATE ANGER JOY EXCITED**



Your brain does all the things that make you

**YOU!**

Likes red foods



Knows global landmarks



Favourite word is elbow



Good at Science



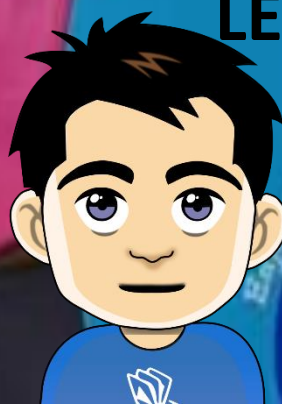
Plays ping pong chess



Loves reading pirate books



It makes  
you a  
**REALLY  
GOOD  
LEARNER**



The brain controls everything you do,  
everything you think, everything you feel . . .  
even everything you dream.

At night time our brain puts  
stuff into our long term  
memory.

6x6=36



This Cerebrum is our speaking part of the brain

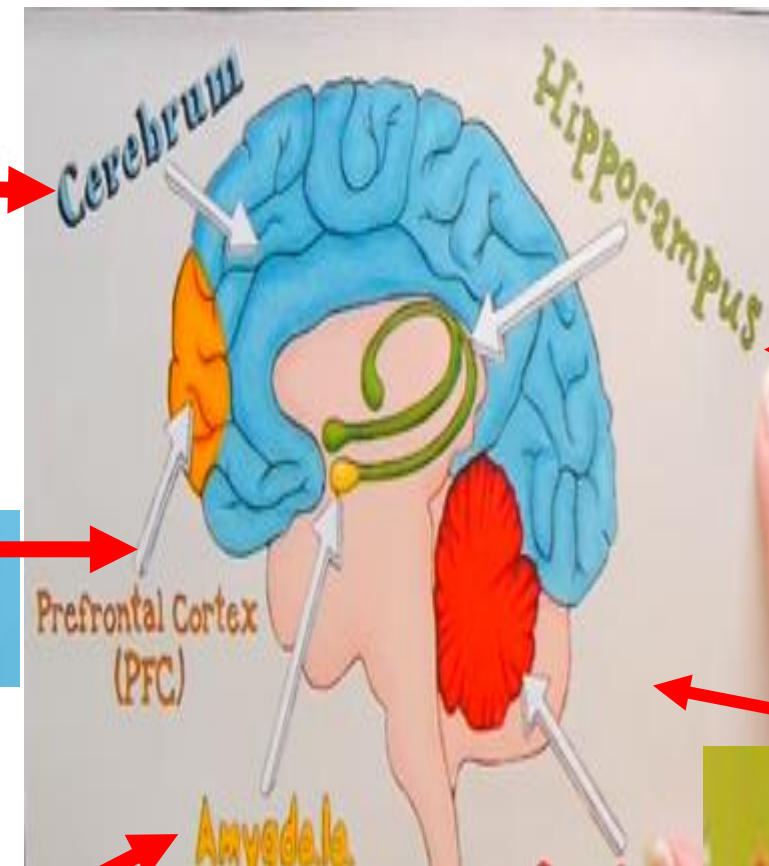
Cerebrum

THE PFC is the one that helps you plan and make decisions

Prefrontal Cortex  
The Prefrontal Cortex

**Amygdala**  
(uh-MIG-duh-luh)  
The **Amygdala** is a tightly-packed group of cells deep within the center of the brain that controls your emotions.

Excited, Angry, Embarrassed, Frightened, Sad, Happy



Hippocampus  
(hip-uh-KAM-pus)

The hippocampus stores memories that we can then access like a library.

Cerebellum (SAR-uh-bel-uhm)

The cerebellum helps us with learning and knowing how to move.... EG Standing on one foot

The Amygdala is what controls our emotions.





When you were born, you were very little.  
Your brain was small and not so strong.

As you get older . . .



your body grows  
and gets stronger.

And you can make your brain do even more!  
Your brain grows very fast during the first ten years of your life. This is the **magic decade** when you can help your brain grow **faster** . . . and be more **powerful**. Just like lifting weights helps your muscles get **stronger** . . . learning new things strengthens your brain. You can give your brain a good workout by trying to learn many different things.



# The brain is like having 3 rubber bands in your head

## We need to stretch our rubber bands

Like elastic bands that

**S-T-R-E-T-C-H**

when you pull them . . . .



even things that  
are hard at first . . . .



or that you don't  
like to do . . . .





Even when you make a mistake while you're learning something new . . .



you are still training your brain.

SHAZAM!

Keep trying



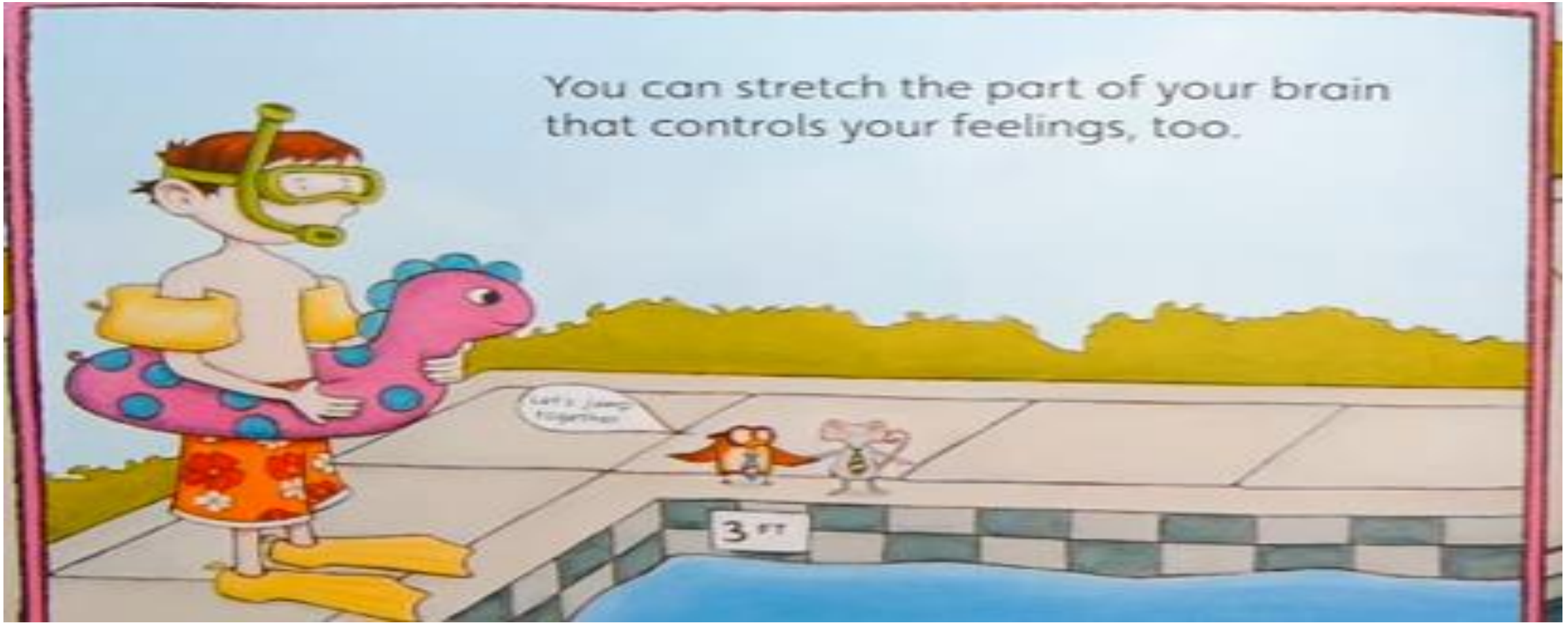
Making mistakes is one of the best ways your brain learns and grows.



Mistakes help to train your brain



You can stretch the part of your brain that controls your feelings, too.



**If you are scared of say putting your head under the water. Try it.... Use a bit of courage.. And that will stretch your amygdala!!!!!!**

# How does the brain stretch and grow?

**Neuro-** means that the word it is part of has something to do with the brain.

A **sculptor** molds, shapes, or carves things out of clay, or wood, or stone.

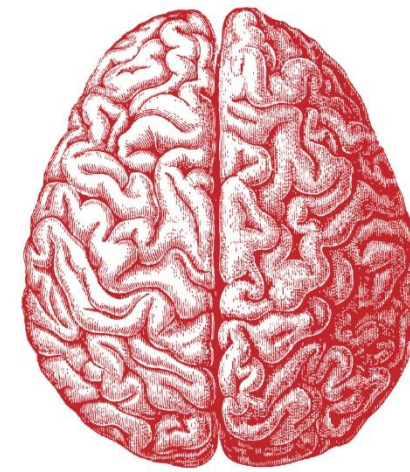
So, you shape your brain when you make it bigger by adding new things you know and can do.

**You are a Neurosculptor!**



**Remember the brain is a muscle**

You really can train your brain to be fit and strong and to keep stretching and growing throughout your whole life!



### Left Brain\*

Logical  
Sequential  
Rational  
Analytical  
Objective  
Looks at parts

### Right Brain

Random  
Intuitive  
Holistic  
Synthesizing  
Subjective  
Looks at wholes