

Jim DeSantis

## Use Your Brain Better 40 min

Objective:

Students will build an understanding of mindfulness techniques to help their brains work better for them.

Big Idea:

Students will begin to build an understanding of how to make their brain work better for them.

### 1. Warm Up / Anticipatory 5 min

“A mind is like a parachute. It doesn't work if it is not open.”

? Frank Zappa

Discuss with students what this quote may mean.

What are some things that might make your mind "closed"?

### 2. Investigation and New Learning 25 min

Our brains are an amazing organ that can work differently for each person. Explore this wonder of the day about how much of our brains we use:

[How much of our brains do we use?](#)



Referring back to the quote, stress is one thing that can close our mind and make it work ineffectively. Movement during the school day and breathing exercises are a great way to relieve stress and open up our minds.

Practice deep breathing with your students. Have students close their eyes and place their hands in the middle of their stomachs. Turn on calming music and instruct students to breath out so that it pushes their hand out.

After practicing deep breathing you can have movement breaks. Try using the website [gonoodle.com](http://gonoodle.com). This is a free subscription website with a variety of videos geared at getting students up and moving.

### 3. Review & Check for Understanding 30 min

Ask students why it is important to relieve stress? (helps us think better)

When are some times that it would be very important to relieve stress? (test taking)

How would you relieve stress?

Allow students to explore the 360 degree image of the brain before finishing.

<http://www.healthline.com/human-body-maps/brain>

Note: Mindfulness overview <https://www.linkedin.com/pulse/how-mindfulness-turbocharge-your-career-dr-travis-bradberry> This lesson is intended for use with wonder #1610