

THE AMAZING BRAIN!

100 BILLION
Neurons!

2% Body Weight
20% Body
Energy

Enough blood
vessels to circle
the world 4
times!

Messages can go
from nerves to
your brain at
150mph!

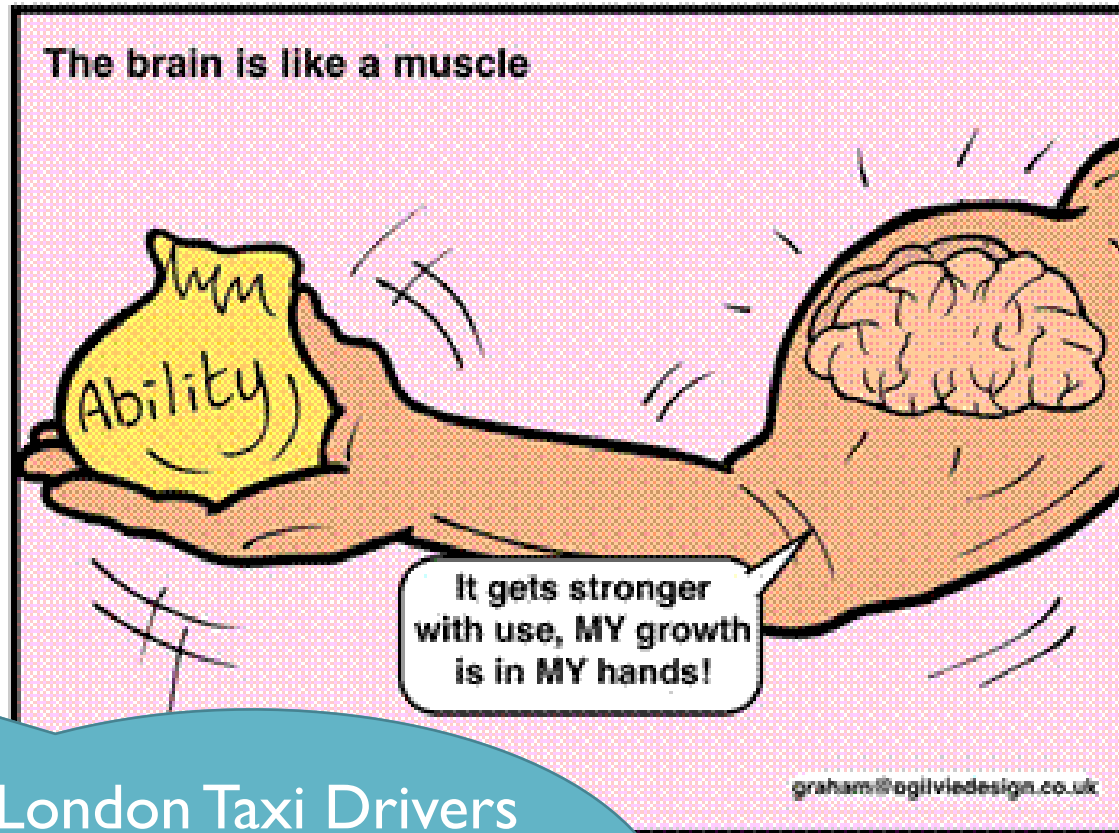
Generates more
electrical impulses
than all the
telephones in the
world!



**YOU WILL LEAVE
WITH A CHANGED
BRAIN**

Lara Boyd (TedX)

THE BRAIN IS 'PLASTIC'



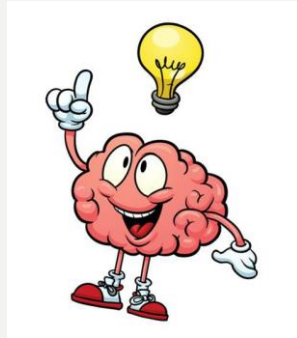
Every time we learn something we change our brain.

-London Taxi Drivers have larger 'spatial awareness' areas of the brain

-People who read braille have larger 'finger sensor' areas of the brain

THE BRAIN

Prefrontal Cortex



Thinking, logical, rational.

'wait...maybe that isn't such a good idea..'

Hippocampus manages memory and emotions



Amagdala

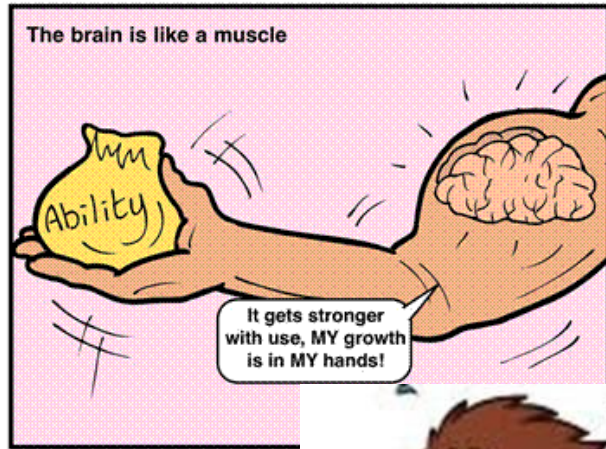


Fight, Flight or Freeze Stress Response
Gets the adrenalin and cortisol going- can be really helpful or unhelpful



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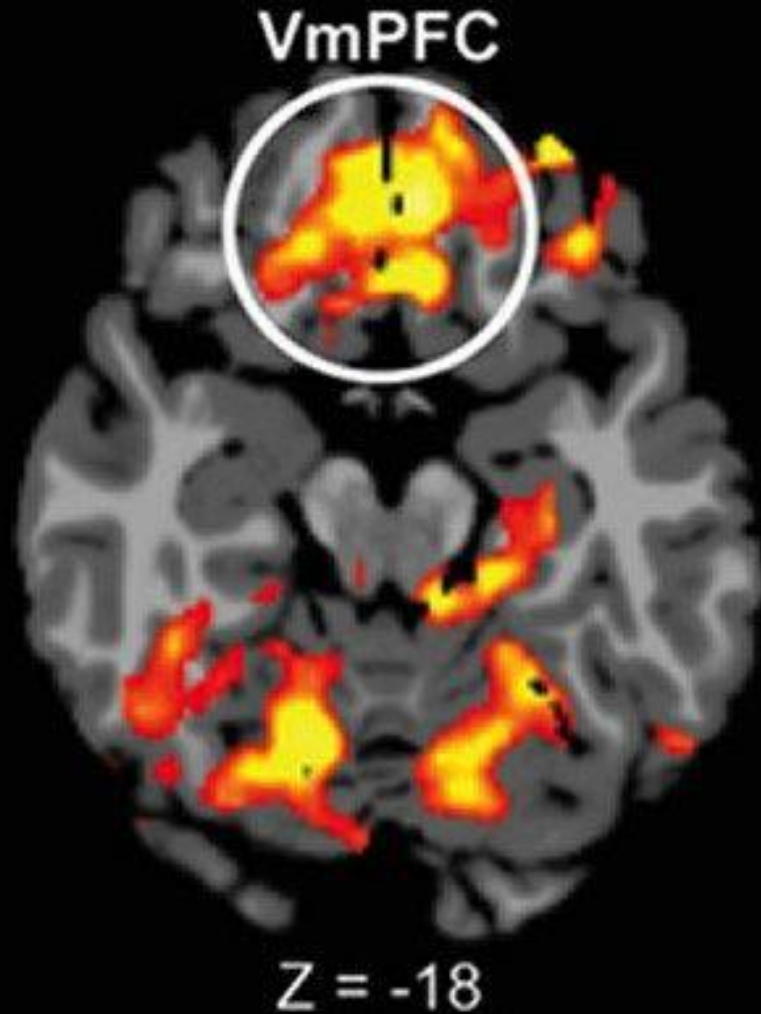


Amagdala

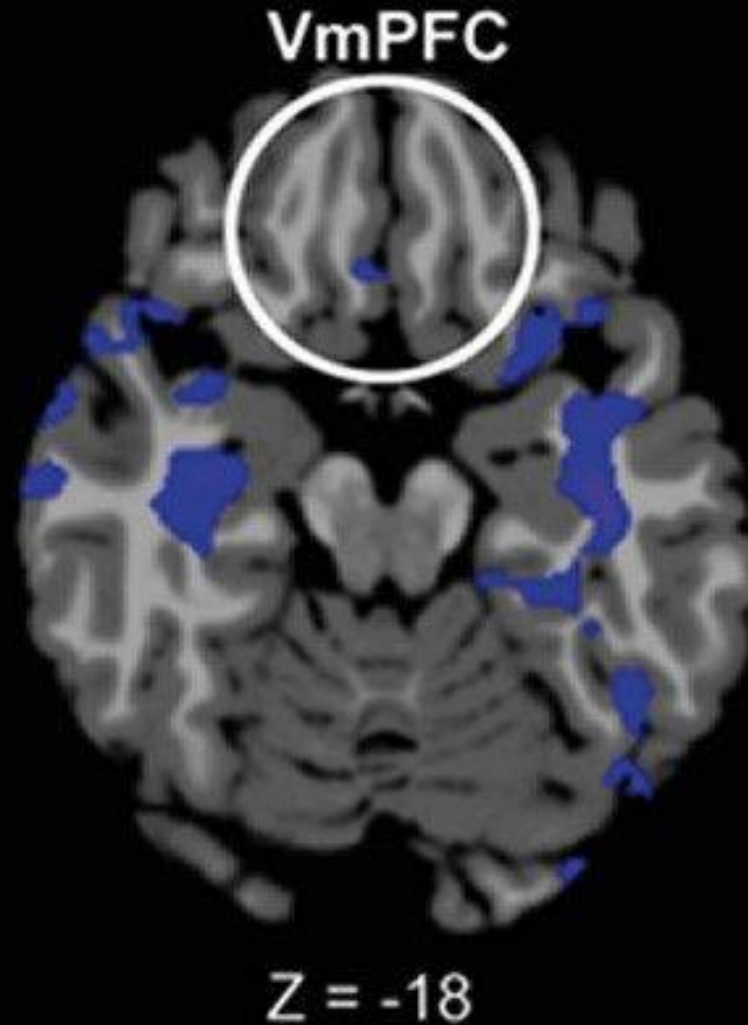
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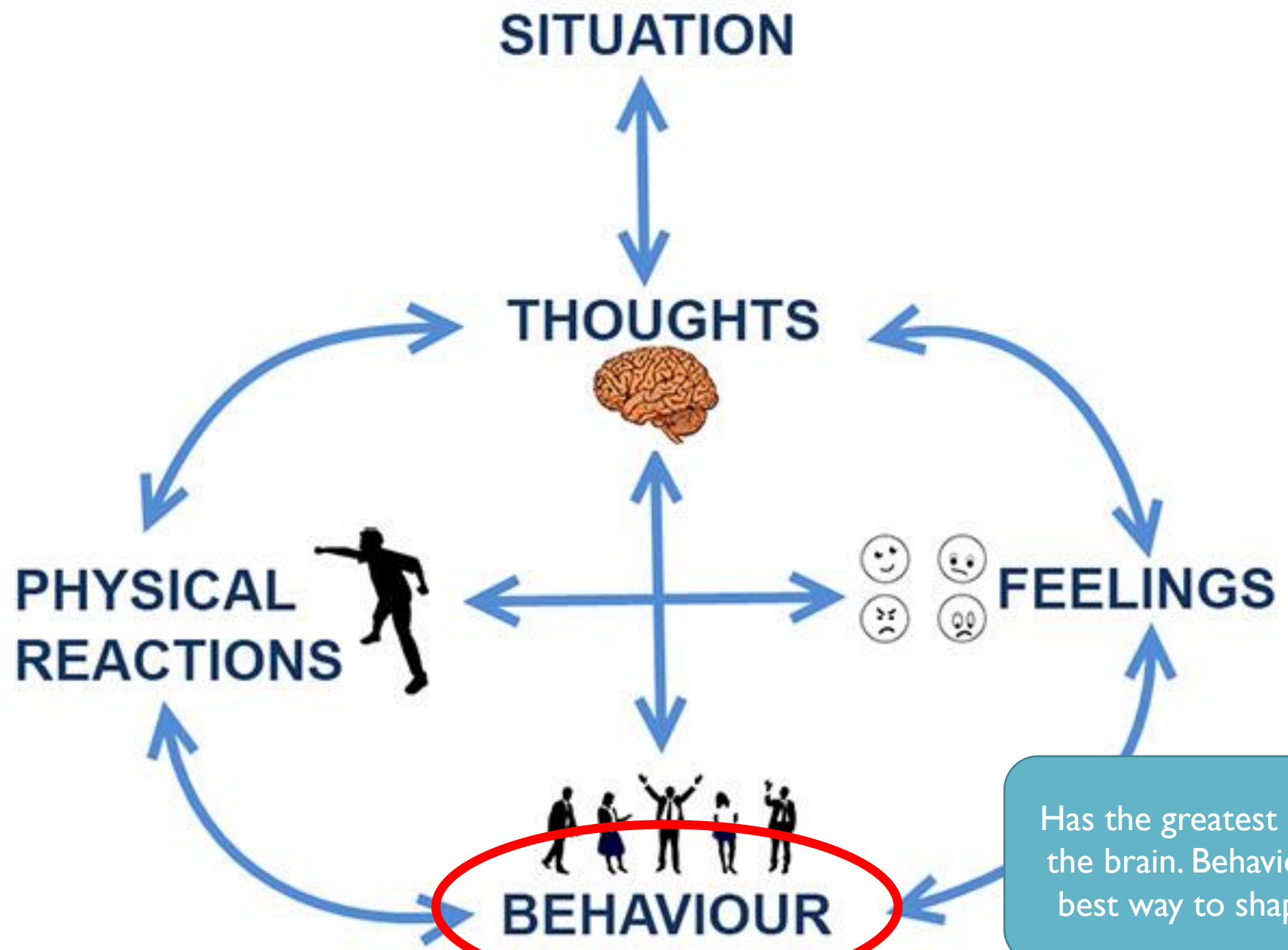
Dynamic Brain Changes During Stress

Resilient Coping

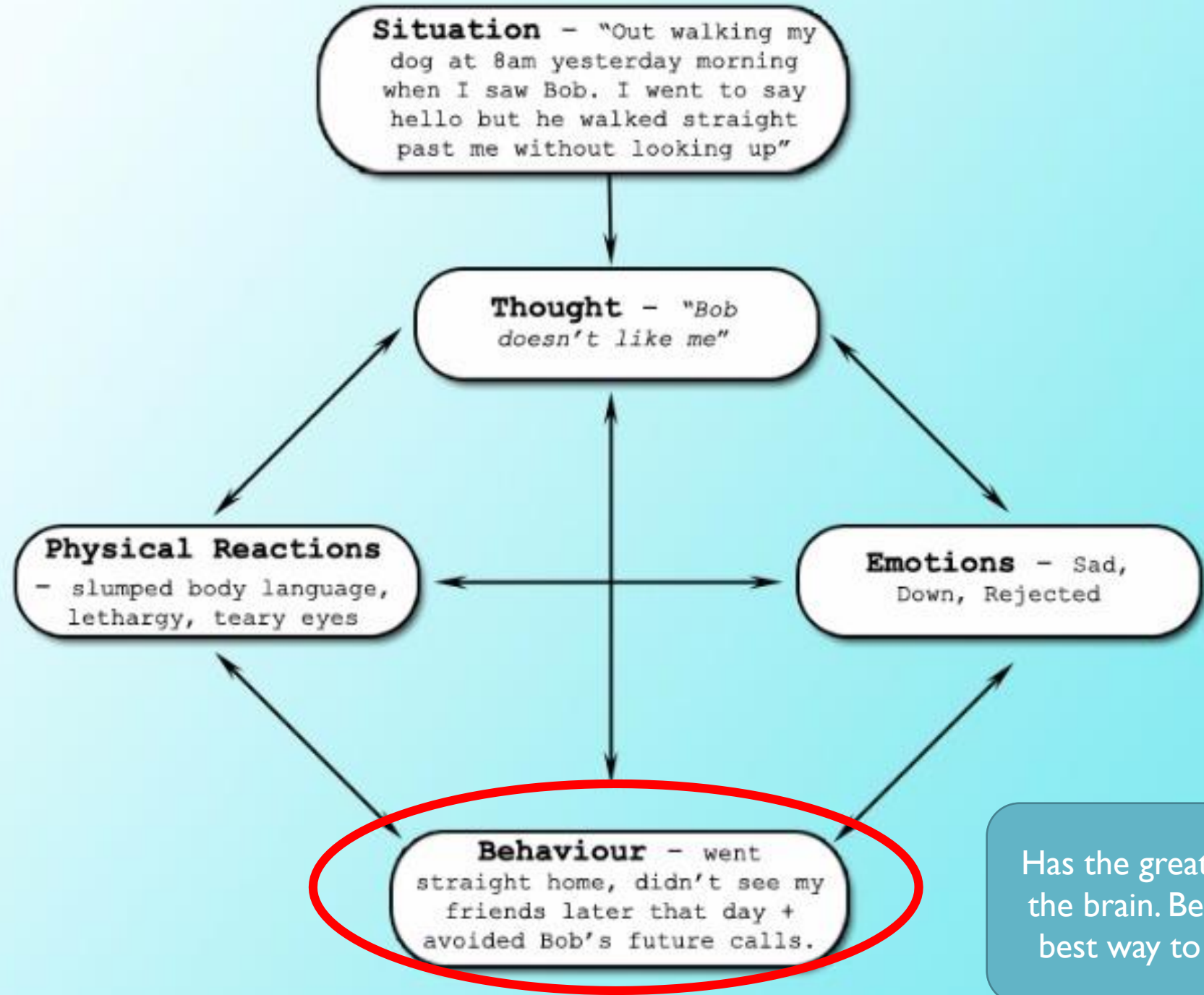


Risky Coping





Has the greatest impact on the brain. Behaviour is the best way to shape brains



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LOOK AFTER YOUR BRAIN



- ✓ Try to stop and 'Think'- can you think about this another way? Could you BEHAVE differently?
- ✓ Repeat/revise learning to get it firmly into your brain
- ✓ Make action plans/to-do lists organise your brain
- ✓ Share worries- get them 'out of your brain'
- ✓ Reflect- what's in your head? What can you change what can't you change?



- ✓ Rest your brain- do ONE thing!
- ✓ Screen downtime
- ✓ Watch a film/Play a computer game
- ✓ SLEEP
- ✓ Physical exercise- even a brisk walk
- ✓ Breathe from your tummy not your chest- get the oxygen to the brain
- ✓ Take brain breaks when working (do something you like- chocolate, YouTube video... quick game)

TAKE THIS AWAY WITH YOU:

1. The Brain is AMAZING
2. You can change your brain
3. Get to know your brain-how does your brain work or behave?
4. 'Work out' your prefrontal cortex (thinking brain) make kick in
5. Rest your brain- give it a break

GO TO FIREFLY TO FIND OUT MORE...

The image shows a navigation bar with five main items: a logo of three stylized figures, 'Dashboard', 'Resources', 'Planner', and 'Tasks'. The 'Resources' menu is expanded, showing a list of categories on the left and a list of sub-items on the right. The 'Student Learning Support' sub-item is highlighted.

Navigation Item	Sub-Item
Resources	Subjects
	Houses & Year Groups
	Clubs & Activities
	Student Services
	Parents
	Staff
	Firefly
	Kings
	View all sections
	Student Services

- Careers
- E-Safety
- Exams
- Key Information
- LRC
- Student Learning Support**

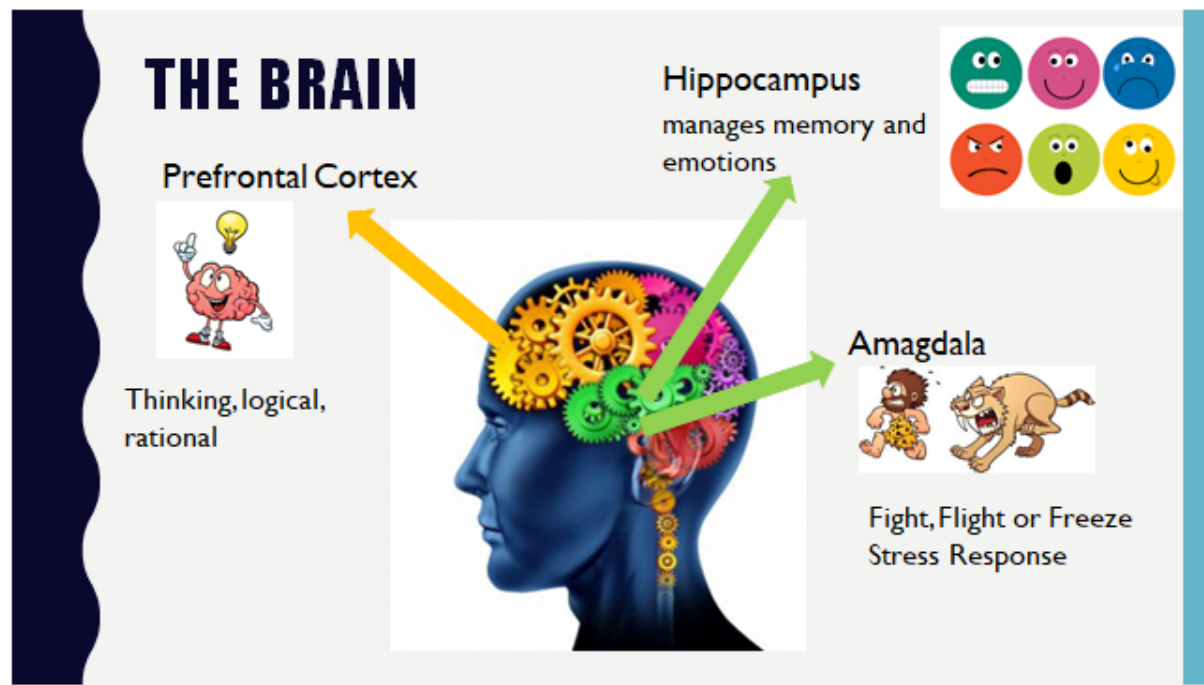
- Explore Student Learning Support
 - Student Learning Support
 - Healthy Brains**
 - APPS to help look after your Brain
 - Tips for Managing Stress in my Brain
 - Tips for stress (including tips for exam stress)
 - How to Revise
 - Maths Audio
 - Numeracy
 - RE end of unit test
 - Spelling

Create

Student Learning Support > Healthy Brains

Healthy Brains

What's in my Brain?



Edit Page

REFERENCES

- National Geographic
- Nicola Morgan www.nicolamorgan.com
- Lara Boyd (TedX talk available on You Tube)

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