

Lesson Goal: *Self Awareness & Self Management -The Brain*

Day 17

- We learned earlier this year that Self Awareness is the ability to identify, recognize, and explain one's emotions accurately. Ms. Cohen is going to be talking to you more in the next few weeks about this with Zones of Regulation.
- Another part of Self Awareness is learning and understanding how your brain works so you know how to be aware of and manage your emotions and behaviors.
- Project on Board or Screen and Read aloud to your class - [Your Fantastic Elastic Brain by JoAnn Deak Ph.D.](#)
- Discuss the following after the book:
 - What is the brain?
 - What does the brain do?
 - List the different parts of the brain.
 - What does each part of the brain do?
 - How does the brain change over time?
- Provide students with a [Brain MAP](#) (in your mailbox). Review that each part of the brain has a special name. Highlight the five key brain regions (cerebrum, cerebellum, prefrontal cortex, hippocampus, and amygdala) depicted in *Your Fantastic Elastic Brain*. For younger students, they can color in the regions. For older students, have them list the function of each brain region. We will build on this tomorrow!

Lesson Goal: *Self Management - Growth Mindset*

Day 18

Yesterday, we learned about the brain to help us understand how it works. Let's discuss a few questions and see what we remember...

1. What happens to the brain when you learn something new? **The brain grows more connections between neurons**
2. What happens to the brain when you make a mistake? **Your brain stretches and grows**
3. How does the brain stretch and grow? **With more connections between neurons, your brain can send and receive more messages and these connections allow your brain to become more elastic and hold in all these messages and ideas.**
4. What can you do to help your brain grow and stretch? **Practice, try new things, don't give up when something is hard or you make a mistake.**

Each of us is born with unique strengths. Some of us may be athletic and can run as fast as the wind; some of us are strong writers who always know just the right word to use; some of us have huge hearts and make friends easily. Each of these strengths relates to an area of our brain. If a particular skill comes easily for us, the corresponding part of our brain is already in shape. Our brains require exercise to stay in shape. Some of the skills that we are good at require less brain exercise while those that we want to improve will require more brain exercise. Now for the good news! We can strengthen our brain and learn to do new things through effort and practice. And the even better news – making mistakes is an important part of this process. When you make a mistake, your brain learns to identify what didn't work quite right so that it

can try a different strategy the next time around.

CH & LE - [Growth Mindset Video](#) + Follow Up Activity

- Sorting - try these examples w/class- Growth or Fixed
 - Math will always be a puzzle to me, no matter how hard I try. (Fixed)
 - I know learning to play an instrument won't be easy, but I'm determined to do it. (Growth)
 - The more I read, the better reader I will become! (Growth)
 - I've always been good at soccer, I don't need to practice. (Fixed).
- The Power of Yet. Discuss changing our thought process from "i can't do something" to "I can't do this yet, but I can...." (sheet in mailbox)

UE & AP - [Growth Mindset Video](#) + [Follow Up Activity](#)