

Your Amazing Brain

Guidance, Grade 6

Time- one 45 minute class period

Need: handout for each, projection of internet site

1. Intro

Inside your brain...

Go to Your Amazing Brain page- <http://www.stretchedcounselor.com/your-amazing-brain.html>

- Point out the two hemispheres of the brain: right and left. Each half responsible for different things.
- When you hit your head—concussions... watch short video
- It's a muscle—the more you use it the better it works.

Let's see if one of the hemispheres in your brain is dominate...

2. Are You a Good Eye Witness- (right brain)

On Your Amazing Brain page, View video and take the quiz as a class. Discuss careers that need to have good visual skills, a dominate right brain.

3. Listening Exercise- (left brain)

Give listening test: The Green Cat and the Purple Dog. On a sheet of paper, have students make a column for "the" and "and;" they should make a tally mark each time either word is spoken in the story.

4. Discuss- how the two exercises—listening and eye witness tests— use a different hemisphere of the brain. Let's see if one side of your brain is dominate. (give students handout)

5. Are You Right Brained or Left Brained? Read questions and have students place a check mark if that statement sound like them. Tally responses.

Turn handout over and discuss traits/qualities of each side of your brain. Have students circle traits that sound like them.

Goal is to use your **whole brain**- discuss ways to strengthen each side of your brain

6. BONUS- *Your Amazing Brain* (view as many as time allows)

Follow links to BrainGames and optical illusions. Talk through the activities relating them to how amazing your brain is.

FINAL THOUGHT—*Know your strengths and weaknesses so you can work to use your whole brain!*