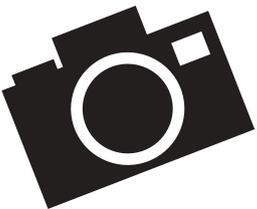
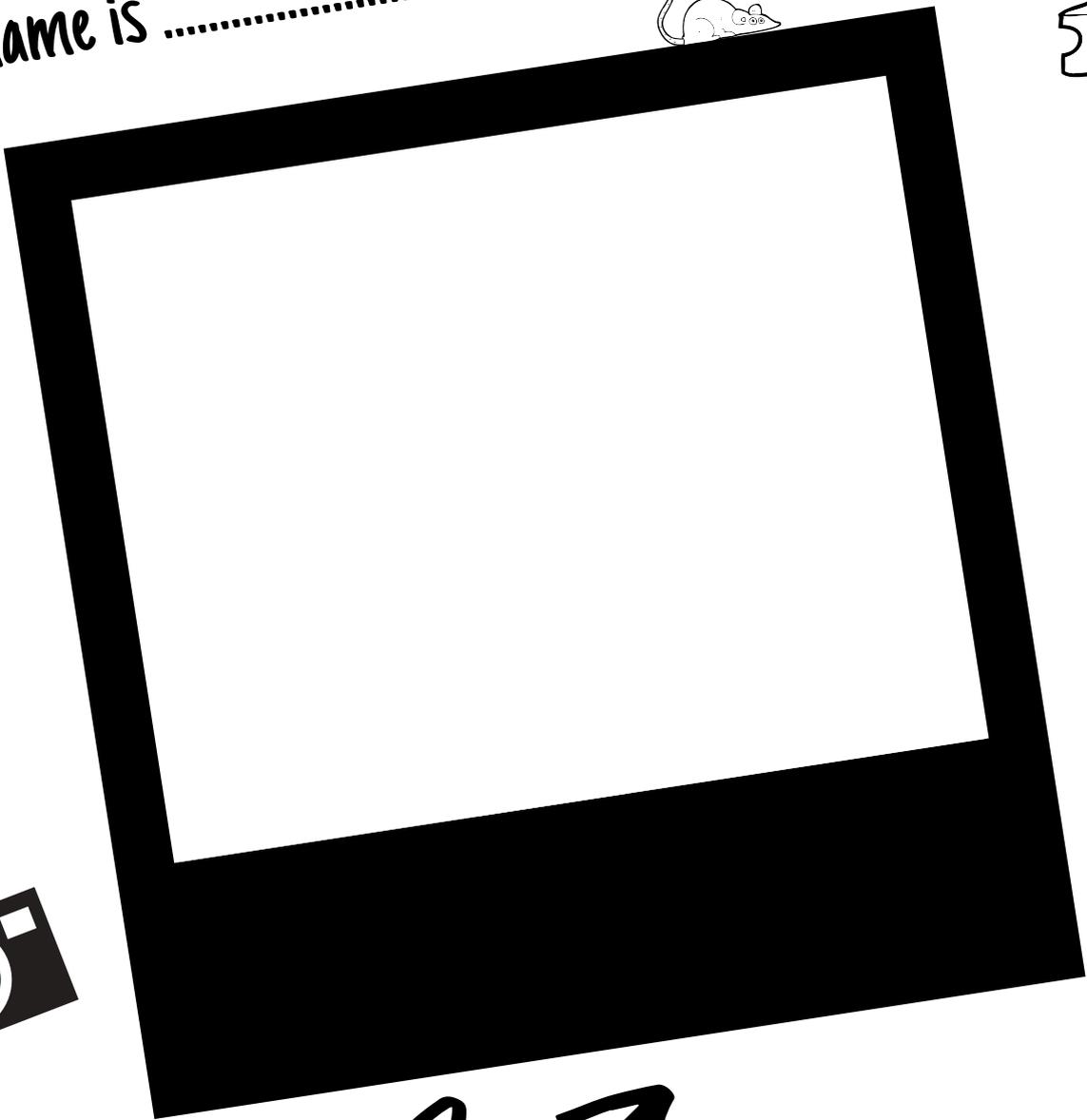


POSITIVELY ME!

Pay
to
go
heese

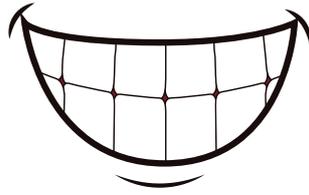
My name is



this is me!



FEELING GOOD



This is Carol. She's just learnt to climb to the top of this climbing wall! How do you think she feels?

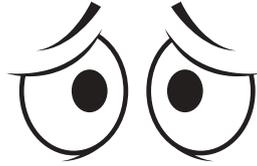
Surround her with describing words!



We call these words adjectives.

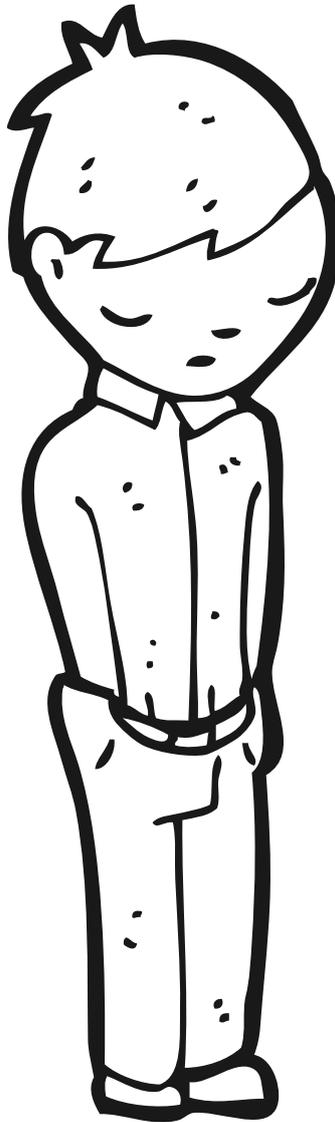


FEELING NOT SO GREAT!



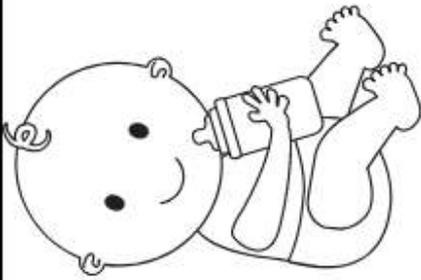
This is Ben. He thinks he's stupid because he doesn't understand what he's been studying.

How might he feel? Surround him with adjectives...



I'M ALWAYS LEARNING!

What have you already learned?



When I was a baby I learned



When I was a toddler I learned

Now that I am

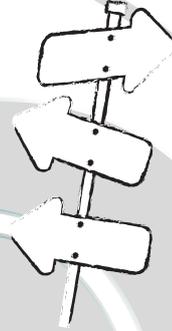
When I am

MY BRAIN

The brain is the most important organ in the human body.



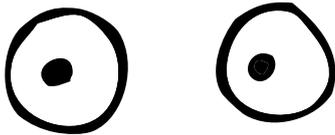
It is the control centre for your body and it is really complex.



It controls all of our actions and reactions, allows us to think and feel and enables us to have memories and emotions.



Your brain receives messages constantly from your senses (seeing, hearing, tasting, smelling, touching and moving).



These messages travel from your nerve cells all over the body along nerve fibres to the brain.

Your brain sorts through all this information and manages to think, remember, create, compare, solve problems and plan your actions all at the same time!



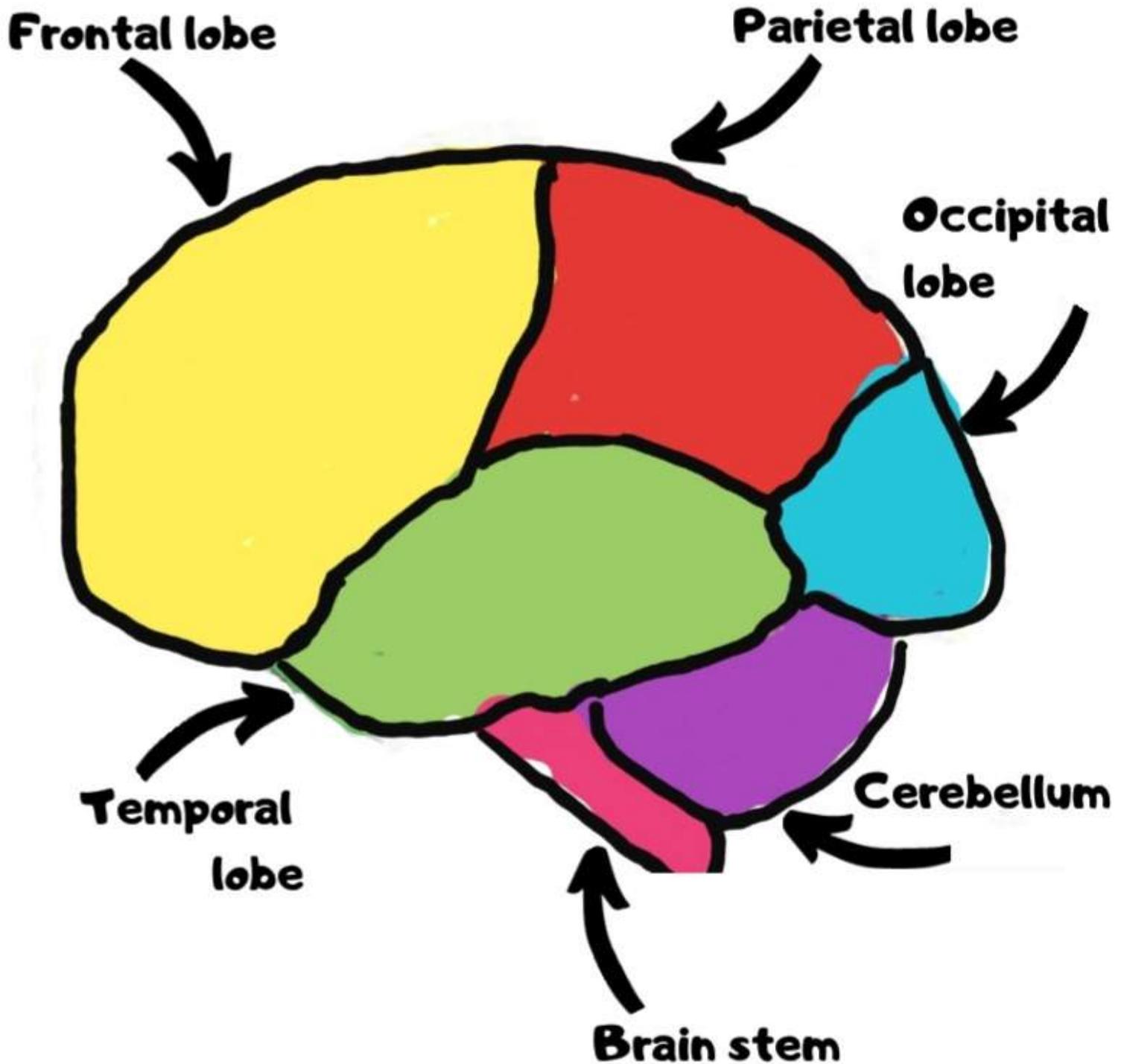
It's still working while you're asleep!



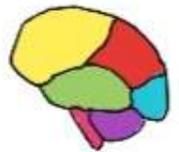
PARTS OF THE BRAIN

The cerebral cortex is the outer layer of the cerebrum which is the largest part of the brain. It can be divided into four sections, which are known as lobes.

THE CEREBRAL CORTEX

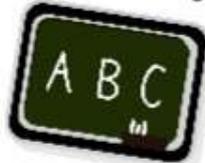


HOW YOUR BRAIN WORKS



Different parts of the brain are responsible for different functions.

The parietal lobe processes sensory information like touch and taste. It also helps us to process language and mathematics



The frontal lobe helps you to make decisions and problem solve.

The temporal lobe is involved in memory, emotions and speech.

The occipital lobe helps you understand what your   are seeing.



The cerebellum receives your body how to move.



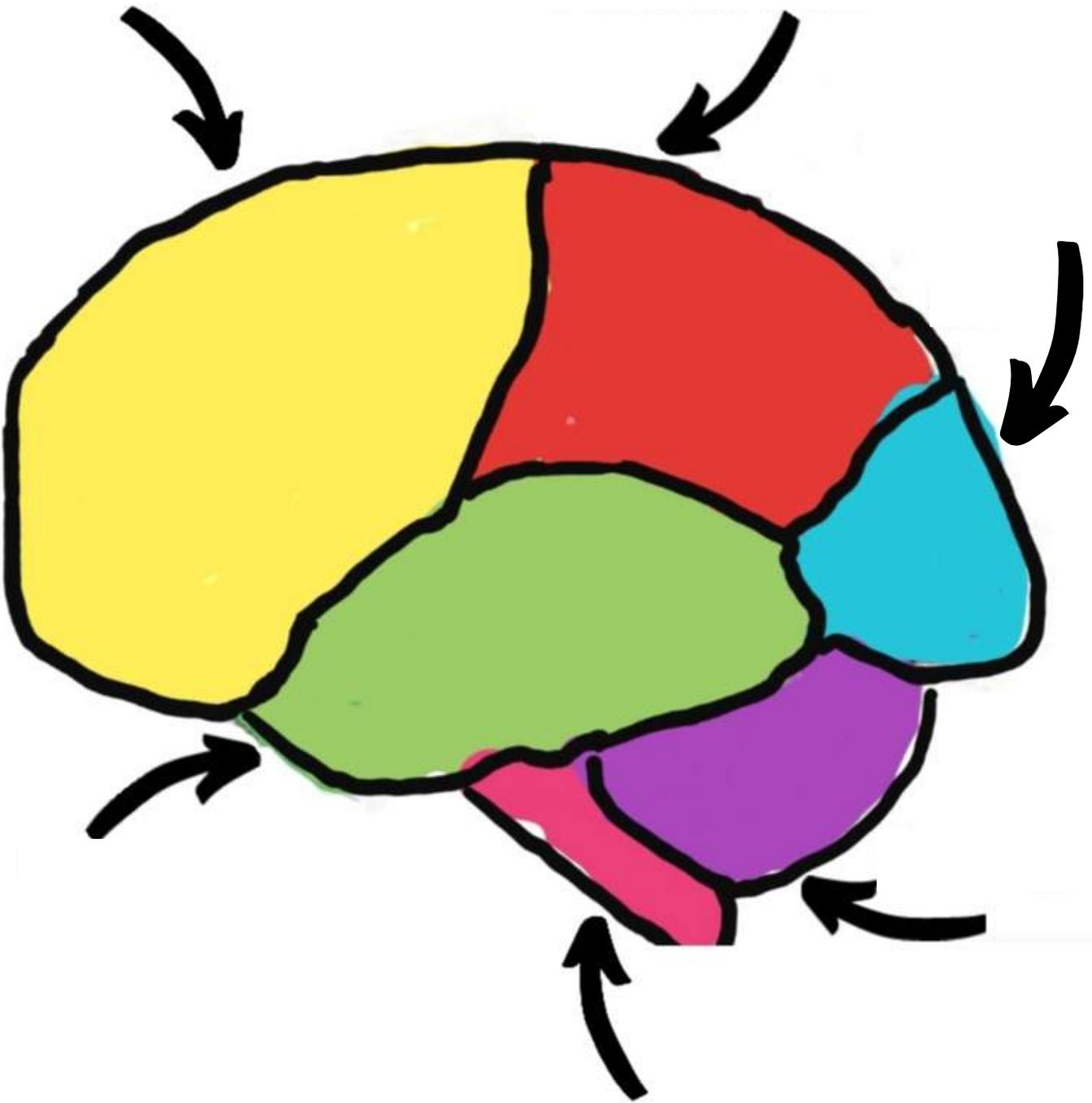
information and tells



The brain stem controls the messages between the brain and the rest of the body. It also your controls basic body functions like breathing, swallowing and heart rate.

BRAIN FUNCTIONS

Use the information on the previous pages to label this brain and write the actions and functions in the correct part of the brain.



dancing feeling pain feeling happy tasting choosing shoes
solving a problem remembering breathing blood pressure
heart rate counting surfing talking

WHAT MAKES YOUR BRAIN STRONGER?

What can we do to care for our brain?



Certain foods can help support your brain health and boost your alertness, memory and mood.

What's your favourite healthy food?

Sleep keeps the brain healthy by clearing out toxins that naturally build up throughout the day.

What helps you to fall asleep?

The way you think and feel about yourself can either help or hinder your efforts.

LOVE
LOVE



Laughter can increase problem-solving skills.

What is your favourite joke?

Physical activity boosts blood flow to the brain and improves concentration, focus and creativity.

What physical activity do you enjoy?

What do you like about being you?



WHAT IS A GROWTH MINDSET?

Record everything you know about a growth mindset!

What does
growth mean?

What is a 'mindset'?

What do you think a
'growth mindset' is?

GROWTH MINDSET - TRUE OR FALSE?

Draw a thumbs up for true and a thumbs down for false.



You're either born intelligent or not.

Making mistakes means I'm not clever.

If I make mistakes then I should give up.

If I find something difficult I can still train my brain to learn it.

I can make my brain stronger.

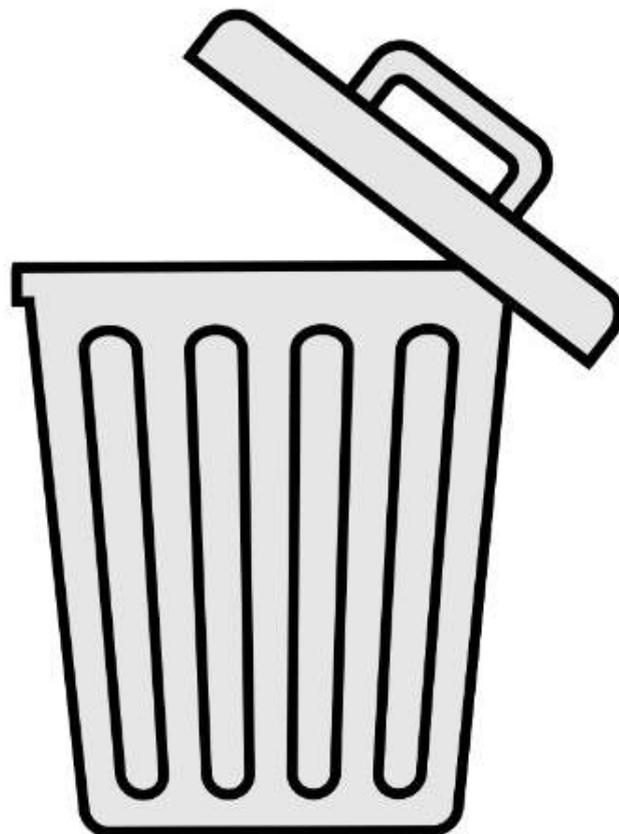
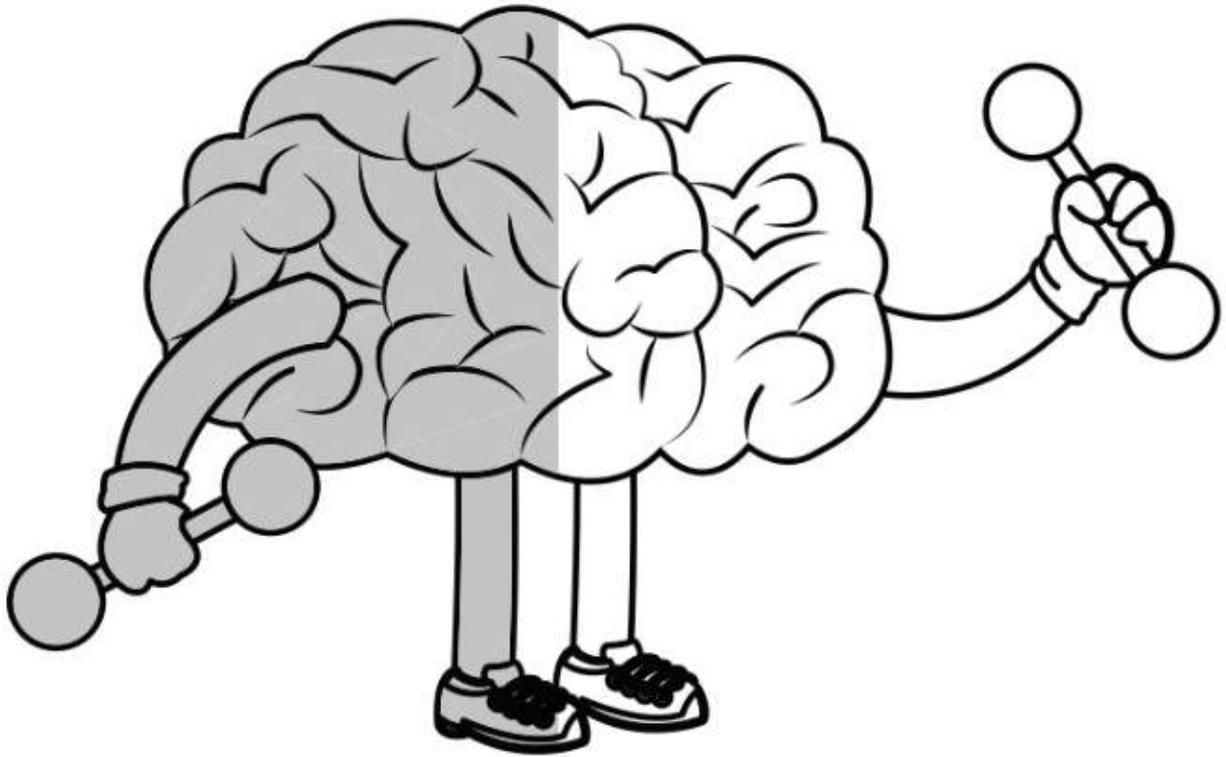
Making mistakes is bad.

Making mistakes helps my brain to grow stronger.

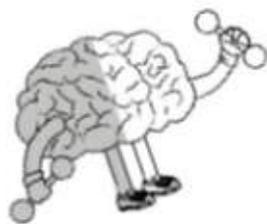
I learn the most when I do easy work.

WORDS THAT MOTIVATE.

Surround your brain with statements that will make it stronger.
Put the others in the garbage.



WORDS THAT MOTIVATE



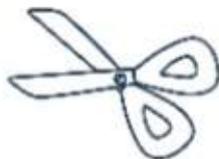
Cut and stick the helpful statements next to the brain and put the others in the garbage.



I can't do this.

I can work this out.

I'm not smart enough.



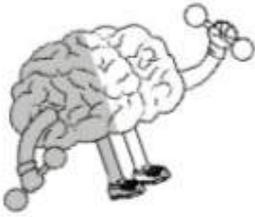
Mistakes help me to learn.

I can't do it yet but I'm working on it.

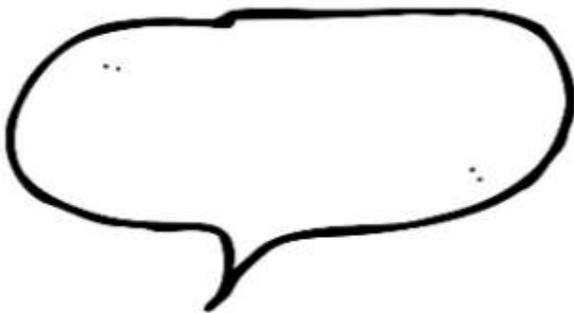
I'm not clever like him.

I give up!

WORDS THAT MOTIVATE



Cut and stick the helpful statements next to the brain and put the others in the garbage.



A GROWTH MINDSET



When you have a growth mindset you understand that your brain can get smarter...it just takes strategy, practice and effort.

It starts with how you talk to yourself.

INSTEAD OF SAYING...

I can't do this. I give up!

I'm just not smart like him.

I'm so good at this.

TRY THIS...

What can I do to solve this?

I'm going to figure out how he does that.

I understand what I'm doing.

NOW YOU TRY...

This is so easy!

I'm never going to understand.

I'm afraid I'll get it wrong.

THINK POSITIVELY

Help these people to think helpful thoughts...



I've always been terrible at this!

I did it all wrong...I just can't do it.

It's not fair...he's so much cleverer than me.

I'm never going to understand this...



STYLES OF LEARNING

Some people think that there are four types of learners.
Most people are a mix of two or three of these styles.

Record some examples for each style of learning...

VISUAL



Visual learners like to see information like graphs and pictures.

watching a YouTube video

AUDITORY



Auditory learners learn while listening.

READING +
WRITING



Reading and writing learners learn best if they can read the information.

KINESTHETIC

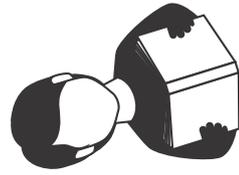
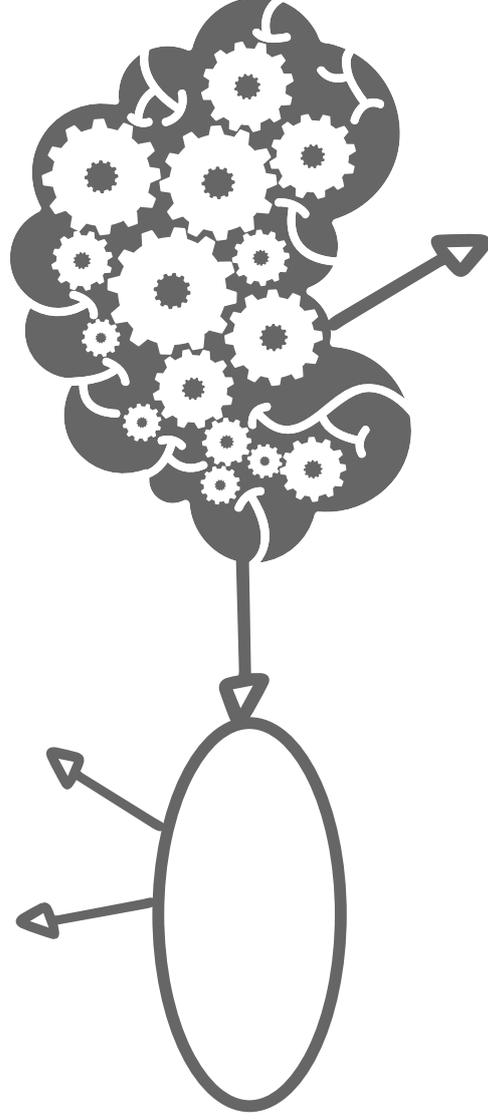


Kinesthetic learners like to get involved.
They learn best by doing.

building a cube with magnets

HOW I LEARN BEST

Record below how you like to learn. Start with the learning styles and then break it down into learning activities.



MEET YET THE YETI...

Yet the Yeti loves making mistakes because he knows that problem solving helps to make his brain stronger.

He knows that he just can't do it YET!

Tell Yet some things that you can't do YET...



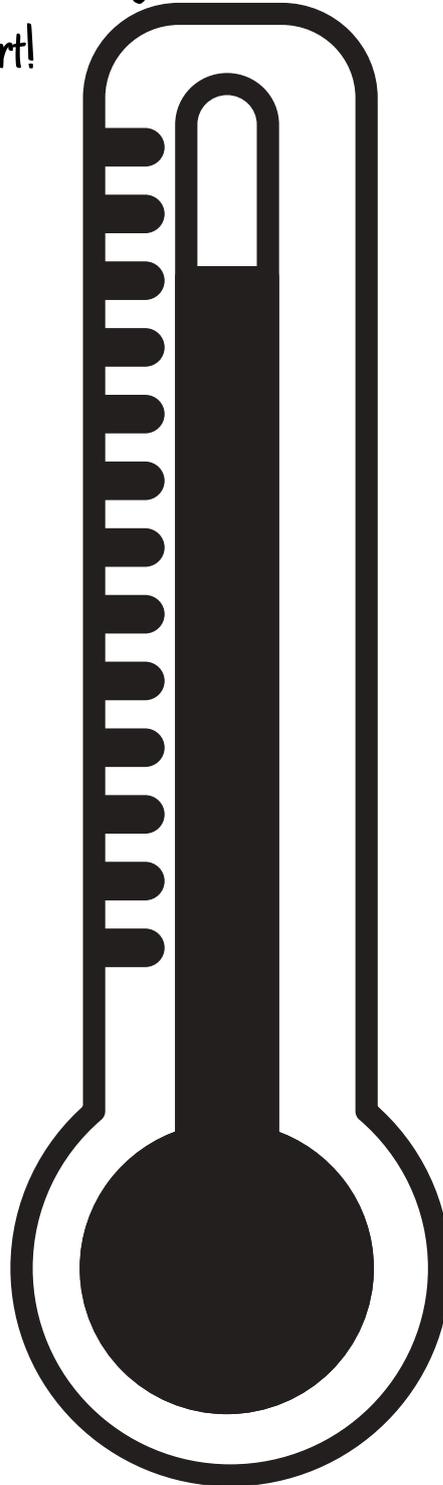
MAKING AN EFFORT

When something is challenging we need to make an effort if we want to succeed. Think about a time when you put in a lot of effort...can

you

think of any times when you've made less of an effort.

Exceptional effort!



Zero effort

"Continuous effort, not strength or intelligence, is the key to unlocking our potential." - Winston Churchill

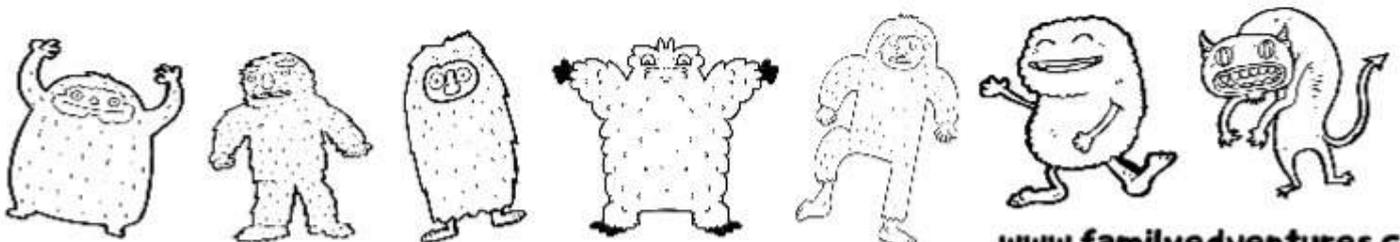
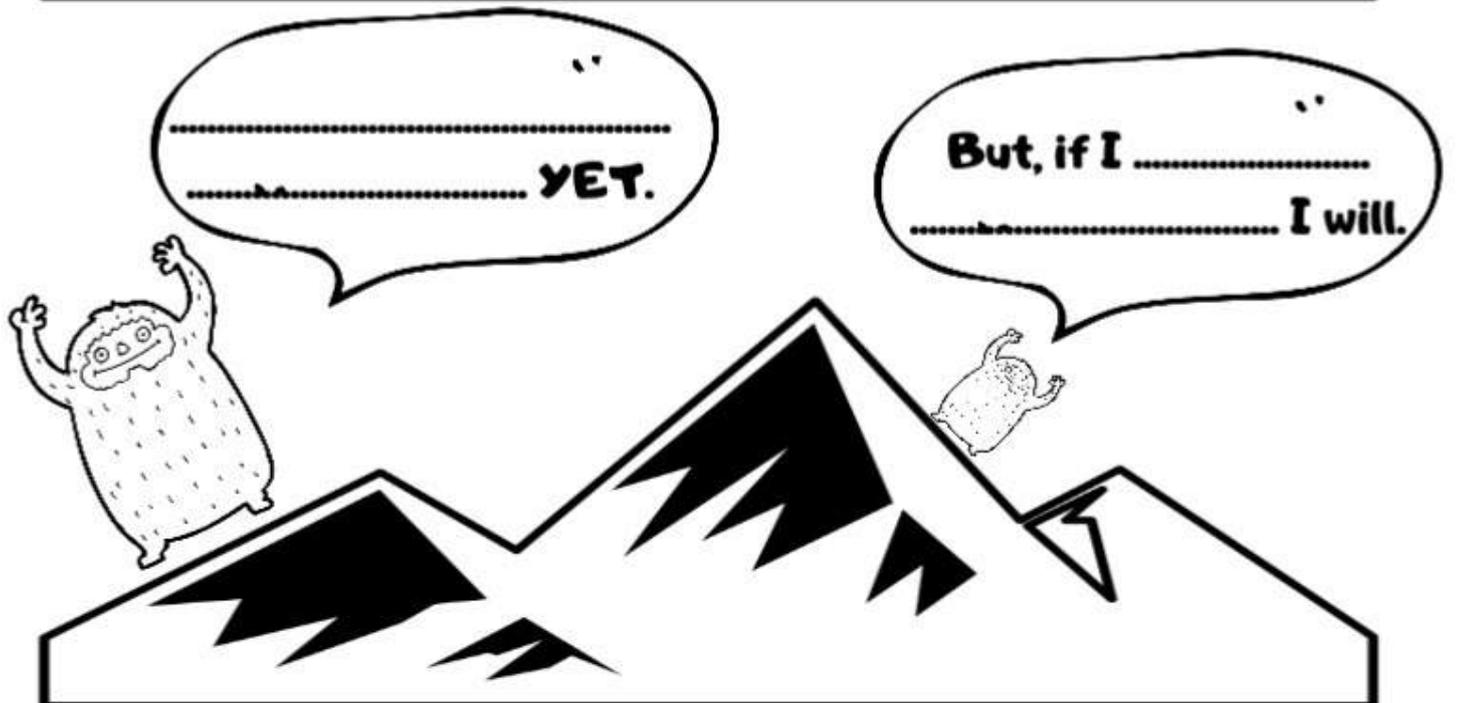
Now, on a separate sheet of paper, design a poster to show what making an effort means.

YET THE YETI

When we fail at something it simply means that we just haven't learned how to do it **YET**.

YET means that you are still working out how to improve and master the task that you're struggling with.

Help Yet the Yeti work out what he needs to do to succeed?

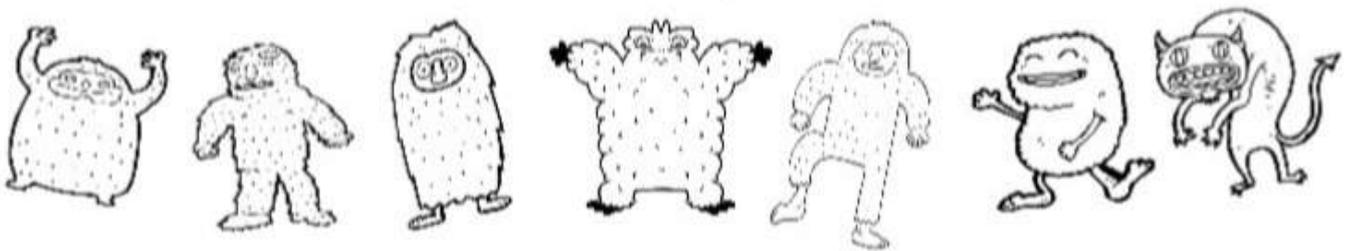


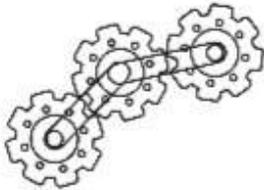
YET THE YETI

Help Yet the Yeti work out what he needs to do to succeed?

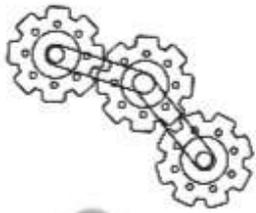


Choose a Yeti and help it to succeed...





FINDING SOLUTIONS



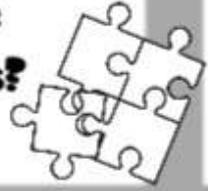
What's the problem?



How do I feel about this?



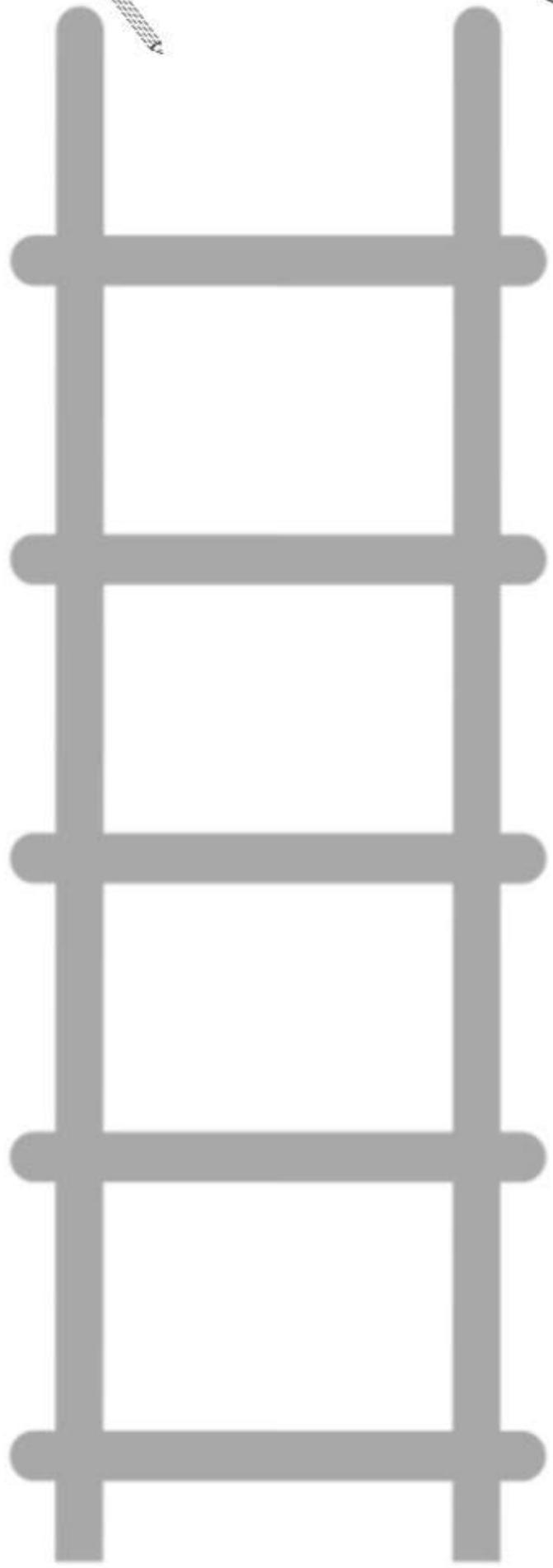
What are the possible solutions?



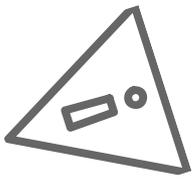
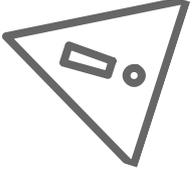
What might happen if...



Which solution shall I try?



HELP TO SOLVE THESE PROBLEMS



Once we understand what the problem is we can begin to solve it...

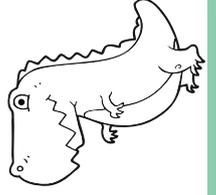
I keep falling of my bike.

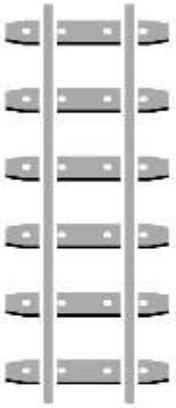


**I don't understand some of
the words in my new book.**

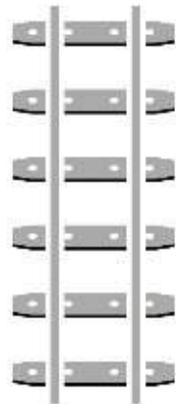


**I can't draw this picture of a
dinosaur.**

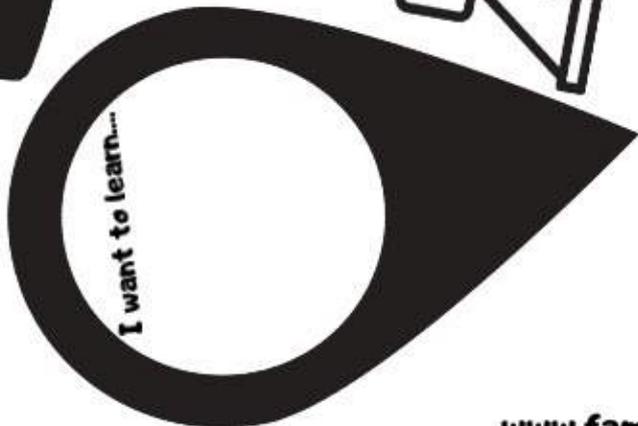




MY JOURNEY TO SUCCESS...

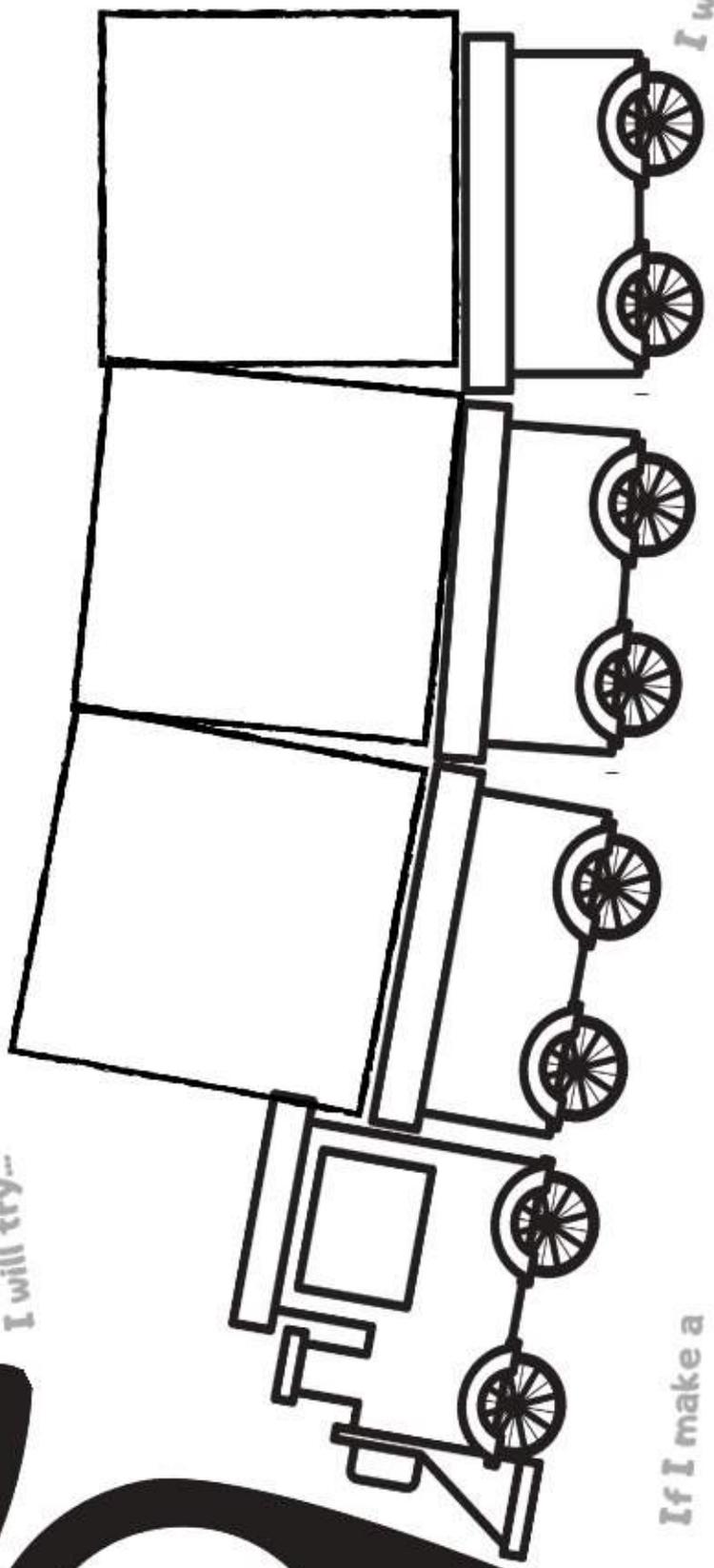


Fill the wagons with strategies that will help you to get where you want to be.



I will try...

If I don't understand I will...



If I make a mistake I can...

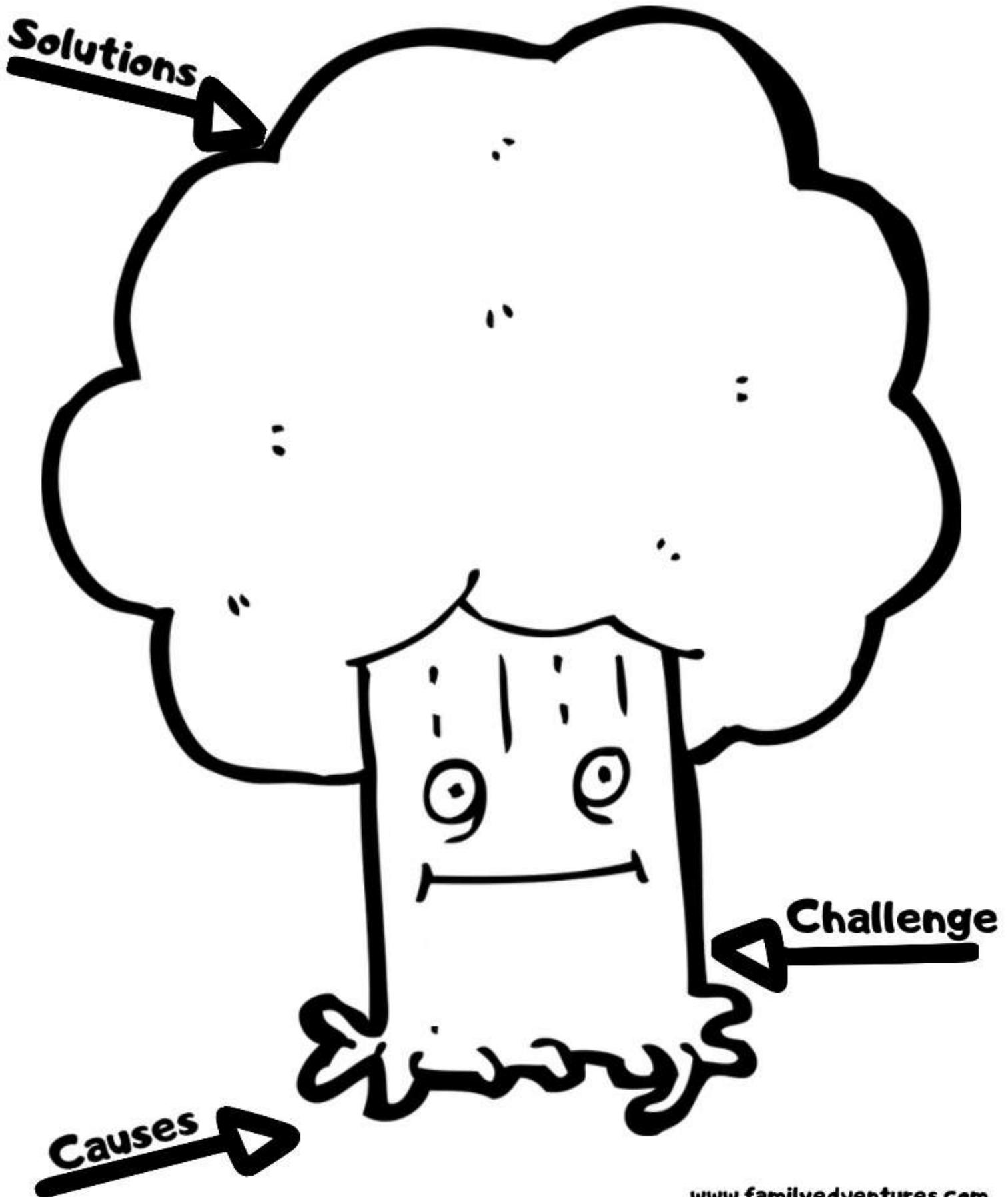
I will practice...

THE PROBLEM SOLVING TREE

Trunk - write down a challenge you're facing.

Roots - note down some of the root causes i.e. why is this challenging?

Leaves - Come up with some possible solutions to overcome your challenge.



WHAT'S MY GOAL



Choose a goal and work out how you'll achieve it.

My goal is to...

I will achieve this by...



GROWTH MINDSET - TRUE OR FALSE?

Draw a thumbs up for true and a thumbs down for false.

How do your answers compare this time?



You're either born intelligent or not.

Making mistakes means I'm not clever.

If I make mistakes then I should give up.

If I find something difficult I can still train my brain to learn it.

I can make my brain stronger.

Making mistakes is bad.

Making mistakes helps my brain to grow stronger.

I learn the most when I do easy work.

WHAT IS A GROWTH MINDSET?

Record everything you know now about a growth mindset?

**What does
having a growth
mindset mean?**

**What is the opposite
of a growth mindset?**

Do you know more now than you knew before?

**What are the benefits
of having a
growth mindset?**