



Your Brain, Explained

30 mins

Language

Focus

Self-understanding

The brain is the most complex organ in the human body. It is responsible for every thought, action, memory, feeling and experience we've ever had or will have.

Some funky facts

- 01 The brain is magnetic! That's right, buried in your brain are clumps of magnetite.
- 02 Millions of brain cells (called nerves) live in the large intestine and so the gut is sometimes called our second brain.
- 03 Sperm whales have the biggest brains out of any living mammal. In fact, the sperm whales brain weighs five times that of a human's brain.
- 04 Messages travel from our brain to the rest of our body through tiny electric zaps and your brain actually produces enough electricity to power a light bulb.
- 05 You have about 70,000 thoughts each day - no wonder we need to get seven to eight hours of sleep each night after all that thinking!

Metacognition

Metacognition is all about thinking about your thinking. We're all unique thinkers and metacognition helps us understand how we think and how to use our brains; from how we learn to our ability to problem solve. Some of us use post-it notes to remember things, some of us have photographic memories, some of us like listening to music while we work, others prefer total silence.

What kind of learner are you? Visual, verbal, audio, social or creative?

Way of thinking	Mentee	Mentor
How do you learn?	Eg. Visual	Eg. Audio
How do you plan?		
How do you revise?		
How do you memorise?		
How do you focus?		
How do you problem solve?		

When we learn, new connections are made between the neurons in our brains. This is called neuroplasticity and these connections become faster the more we practice. Ever wondered how Emma Radacanu developed her forehead or how Cristiano Ronaldo became so good at freckicks? Practice.

What is one thing you are good at and how do you practise?

What is one thing you would like to be good at and how might you practise?

Did you know?

One of the most important things we can do to keep our brains healthy is to **get a good night's sleep!** Sleep is one of the biggest contributors to our physical and mental health. Sleep helps to strengthen connections between neurons in our brains and increases our ability to think, memorise and perform to our fullest potential.

Discussion points

Targets

Next time

Sense of enjoyment and fascination in learning about themselves, others and the world around them (SMSC handbook)



Date completed:

Art imitates life

Venus of the Rags, Michelangelo Pistoletto, 1967, 1974, 2009. What does this piece say to you?

