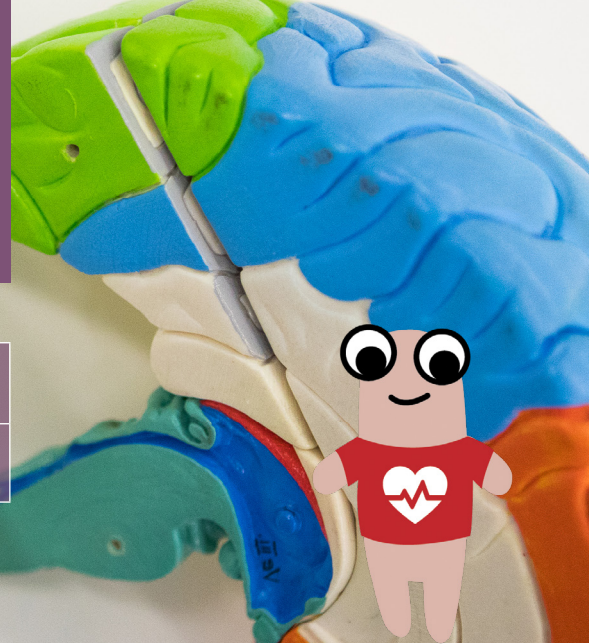


The Power of the Brain



KLAs:
Science / PDHPE

LESSON TOPIC:
Neuroscience

YEAR LEVEL: K-10

DURATION OF ACTIVITY:
45-50 minutes

Train your brain!

Get your thinking caps on and learn about the marvellous organ that is the brain. Explore the parts of our brains that allow us to move and breathe every day. Utilising state of the art brain-sensing technologies, students will activate their minds and tap into the sub-conscious to control the body's response to different stimuli. We highlight the importance of breathing and mindfulness in the classroom, providing students with techniques to alter physiological and emotional responses to stress. This ultimately produces an associated confidence to apply calming stress management techniques to their everyday lives.

SYLLABUS OUTCOMES

ES1 – S3: SCIENCE

- Skills – Working Scientifically: Ste-4WS, ST1-4WS, ST2-4WS, ST3-4WS

PDHPE

- Growth and Development: GDS3.9; Active Lifestyle: ALS1.6, ALS2.6

S4 – S5: SCIENCE

- Knowledge and understanding – Living World: SC4-14LW, SC5-14LW
- Skills – Working Scientifically: SC4-6WS, SC5-6WS

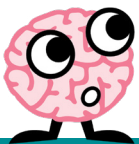
PDHPE

- Self and Relationships: 4.2, 5.2; Individual and Community Health: 4.6

LEARNING OUTCOMES

Students will:

- Identify the main anatomical features and functions of the human brain
- Develop their understanding of the autonomic nervous system, including differences between the sympathetic and parasympathetic systems
- Undertake first hand activities to activate their own fight or flight response, and utilise mindfulness approaches to reduce effects of this response



EXPLORATORY AND PLAY-BASED COMPONENTS

Each student gets their own sensing equipment to experiment with how different activities and stimuli alter their own body processes. State-of-the-art brain sensing technologies allow students to control a virtual environment with their own thoughts, and in their own ways!

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