

# The Power of the Brain



## Train your brain!

KLAs: Science / PDHPE	LESSON TOPIC: Neuroscience
YEAR LEVEL: K-6	DURATION OF ACTIVITY: 45 minutes

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 with the aim of understanding how much influence they have over their own bodies. We highlight the importance of breathing and mindfulness in the classroom, providing students with techniques to regulate their physiological and emotional responses to stress. Research shows that an awareness of these practices leads to confidence in applying calming stress management techniques to their everyday lives.

## SYLLABUS LINKS

This activity aligns with and extends concepts and content within the K-6 Science and Technology, and PDHPE syllabuses.

The science focus is on working scientifically and aligns with the Living World strand.

## COMPONENTS

Each student uses their own sensing equipment to explore 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.

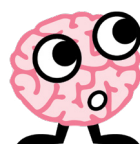
## LEARNING OUTCOMES

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 activities to activate their own fight or flight response, and utilise mindfulness approaches to reduce effects of this response

## EXPLORATORY AND PLAY-BASED

Curious? Learn more at [unediscoveryvoyager.org.au](http://unediscoveryvoyager.org.au)



# VOYAGER

# Discovery