

## Core Curriculum Lesson Plan

**Submitted by:** Jenni Briggs & Michelle Stevens

**Title of Lesson:** Identify Brain Basics

**Domain:** Academic

**Grade Level:** 4th/5th Grade

**Time Required:** 40 minutes

**ASCA Mindset:**

- M5: Belief in using abilities to their fullest to achieve high-quality results and outcomes

**ASCA Behaviors:**

- B-SS 6. Use effective collaboration and cooperation skills
- B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams

**Essential Questions:**

- Name different parts of the brain and their function.
- How do challenges impact our brain?

**Material/Resources:**

- 5 toolboxes
- 5 locks & keys
- 5 brain teasers printed, laminated and taped to the front of each toolbox
- Box 1: Amygdala description; Set of laminated cards with different feeling words on each
- Box 2: Cerebellum description; Set of laminated cards with different yoga poses on each
- Box 3: Cerebrum description; Description of the game “I’m going on a picnic”
- Box 4: Hippocampus description; Set of playing cards for a memory/matching game
- Box 5: Prefrontal Cortex description; Set of laminated cards with different problems/decisions that need to be solved
- Power Point

**Activity:**

1. Review the first Growth Mindset lesson: *Mindfulness*
2. Explain to the students that they are going to “Unlock” their brains today.
3. Tell them about the centers around the room without giving too much information regarding the activities.
4. You will divide the students into five groups. Each group will start at a different locked toolbox. On the front of each box is a different brain teaser for the group to decipher. Once they think they know it, they will raise their hands. You go to the group and if they have the correct answer, you will unlock the toolbox for them.
5. On the inside of each lid will be a description of a certain part of the brain along with the activity. They will have about 3 minutes to perform the activity in the box.
6. Students will lock the box back and rotate to the next center.

7. After all of the centers are done, ask the students about the parts of the brain from each station and how the activity related to that part. Make sure to include a brief discussion about how challenges help grow the brain.
8. If time permits, student can watch the Challenges Grow Your Brain video.  
<http://viewpure.com/g7FdMi03CzI?start=0&end=0>

**Evaluation:**

- Review the previous lessons related to Growth Mindset
- Completion of the “I” in the MINDSET Flip Book
- Students’ demonstration of answering the brain teasers
- Students’ demonstration of the various brain activities