

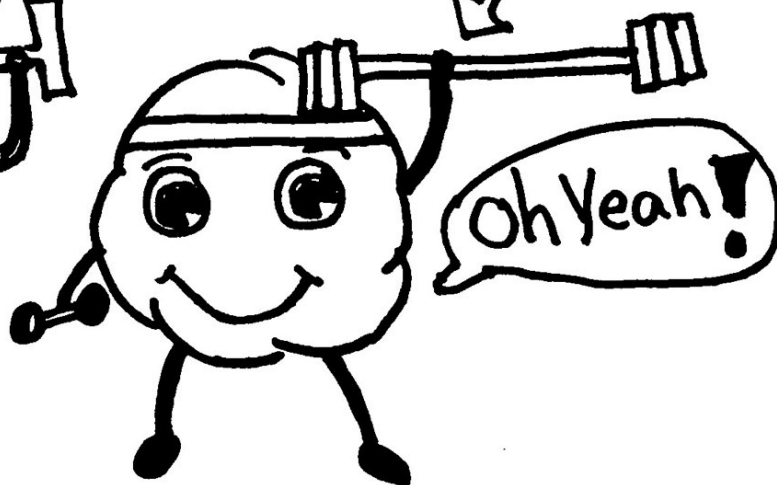
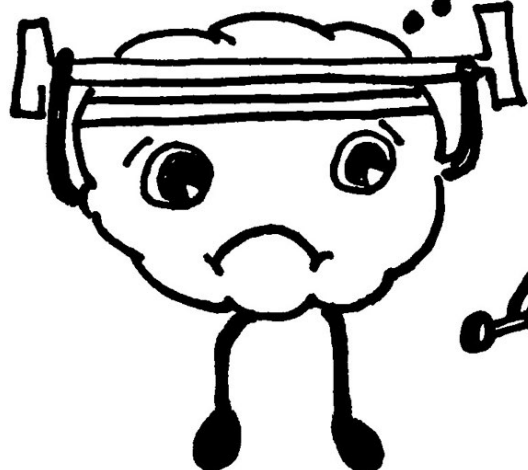
Your Brain!

Fixed mindset



I can't do this!

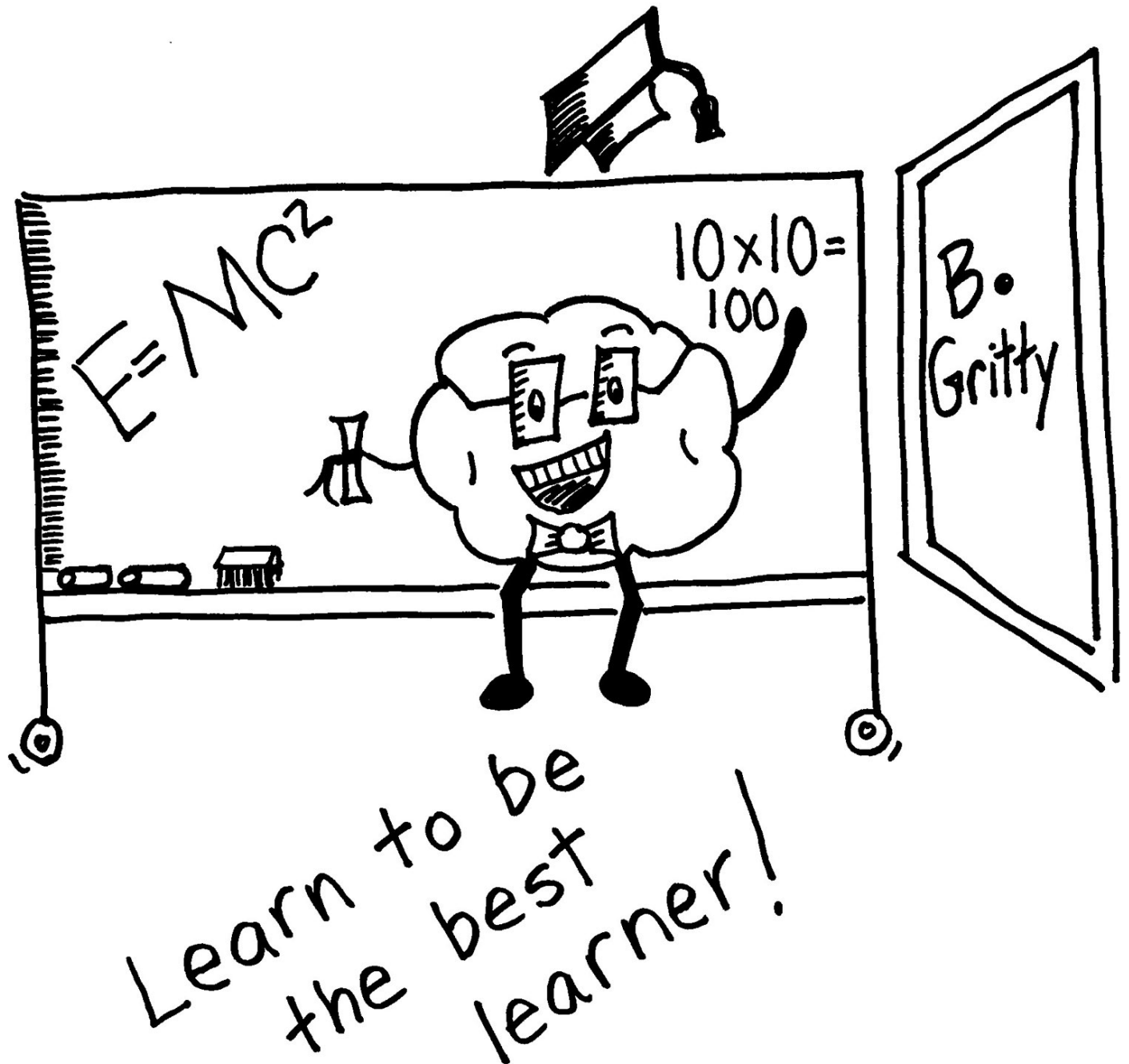
growth mindset



Written & Illustrated By:
Ms. Weir's Grade 4 Class

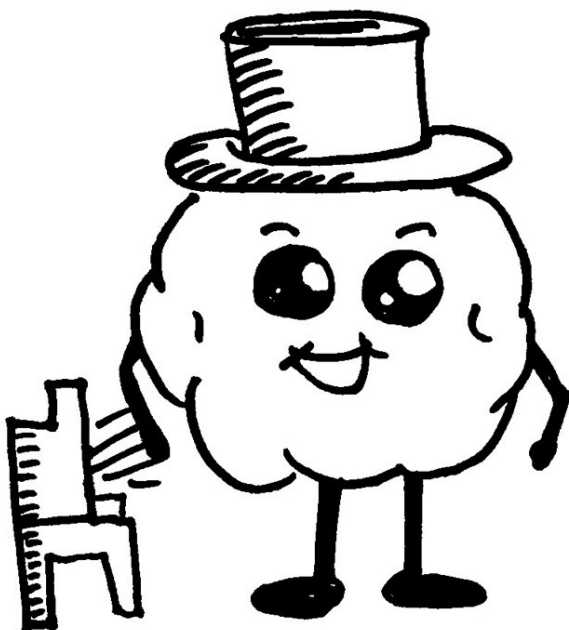
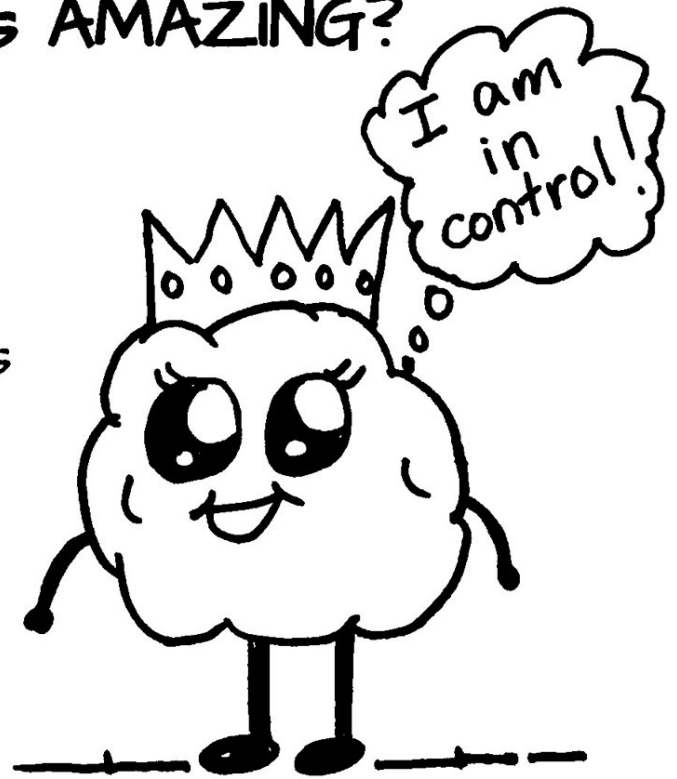
Our Lady of Sorrows • TCDSB

We use our brains to learn and achieve,
so it is important to understand how
our brains help us learn!



Did you know that your brain is AMAZING?

Your brain controls everything you do including your thoughts and feelings. Also, your brain is the most important part of your body when you are learning.

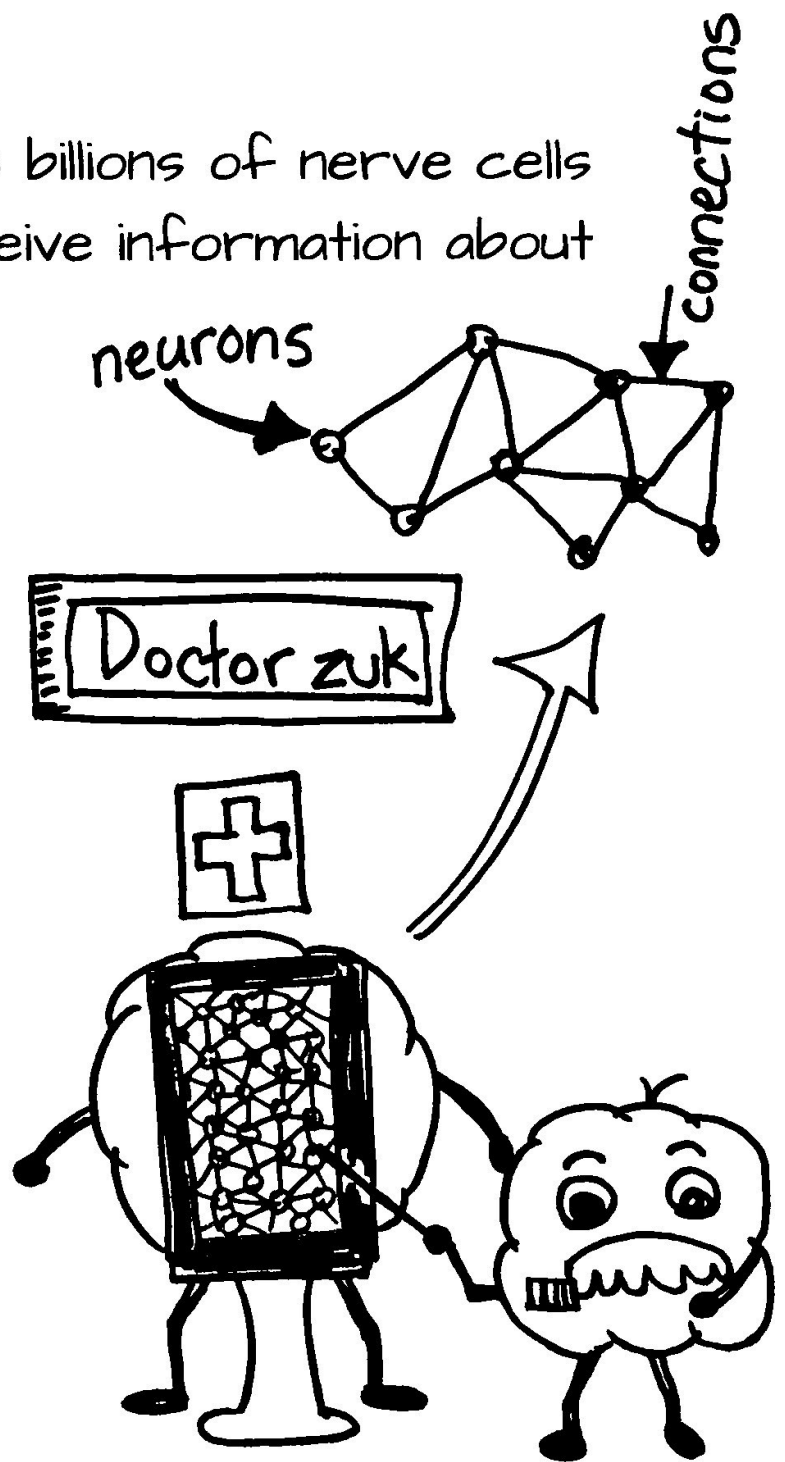


Brains are actually a lot like computers because they store memories and control how we think and act.

The brain is the centre of the human nervous system, and helps control thoughts, movements and decisions.

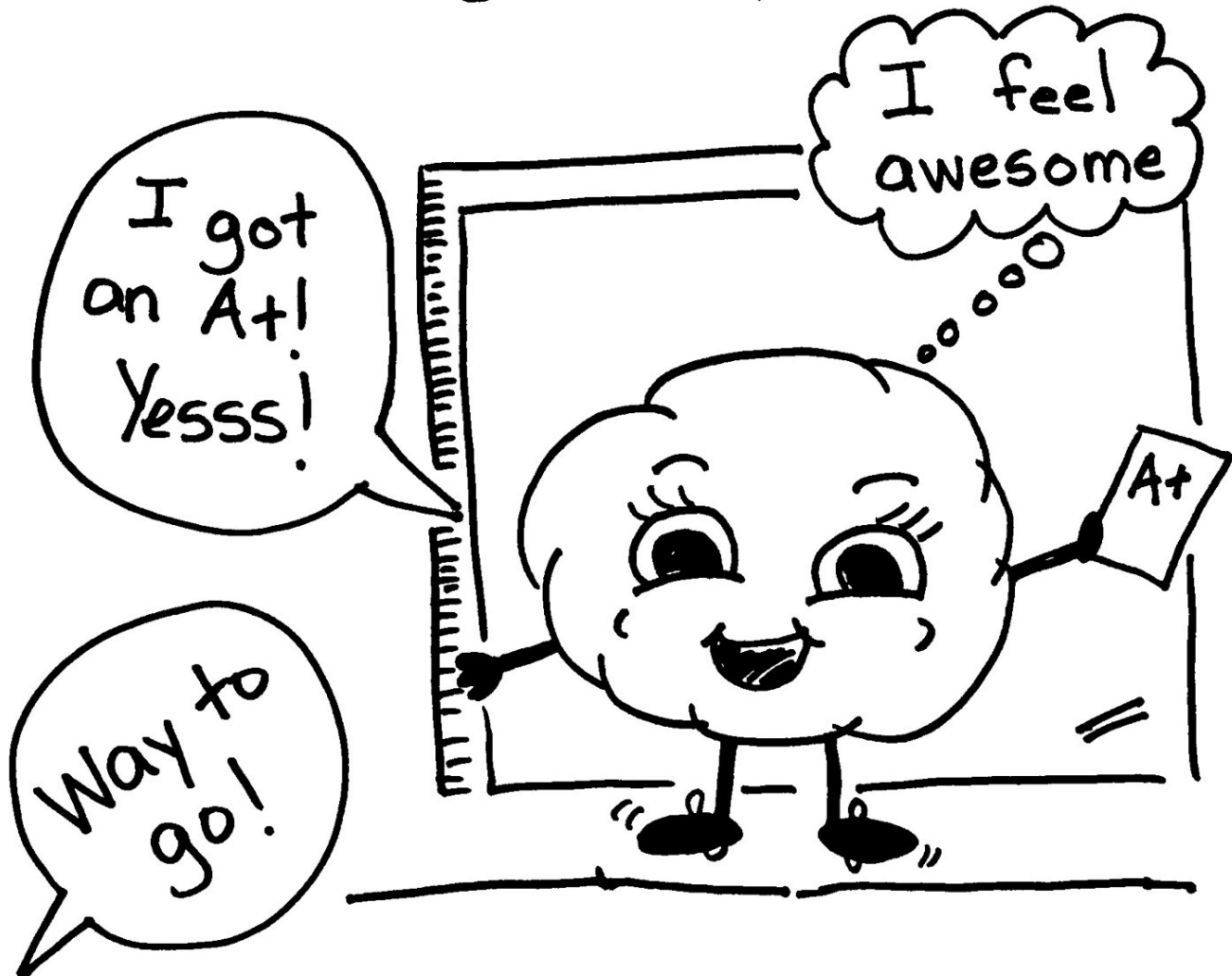
The brain contains billions of nerve cells that send and receive information about the body.

An average brain weighs about 3 pounds, and there are about one hundred billion neurons in the average brain. Neurons let messages flow through your body. The little branches on the neurons connect to other neurons. So when you practice something over and over a pathway is created between the neurons. These pathways help you learn and remember.



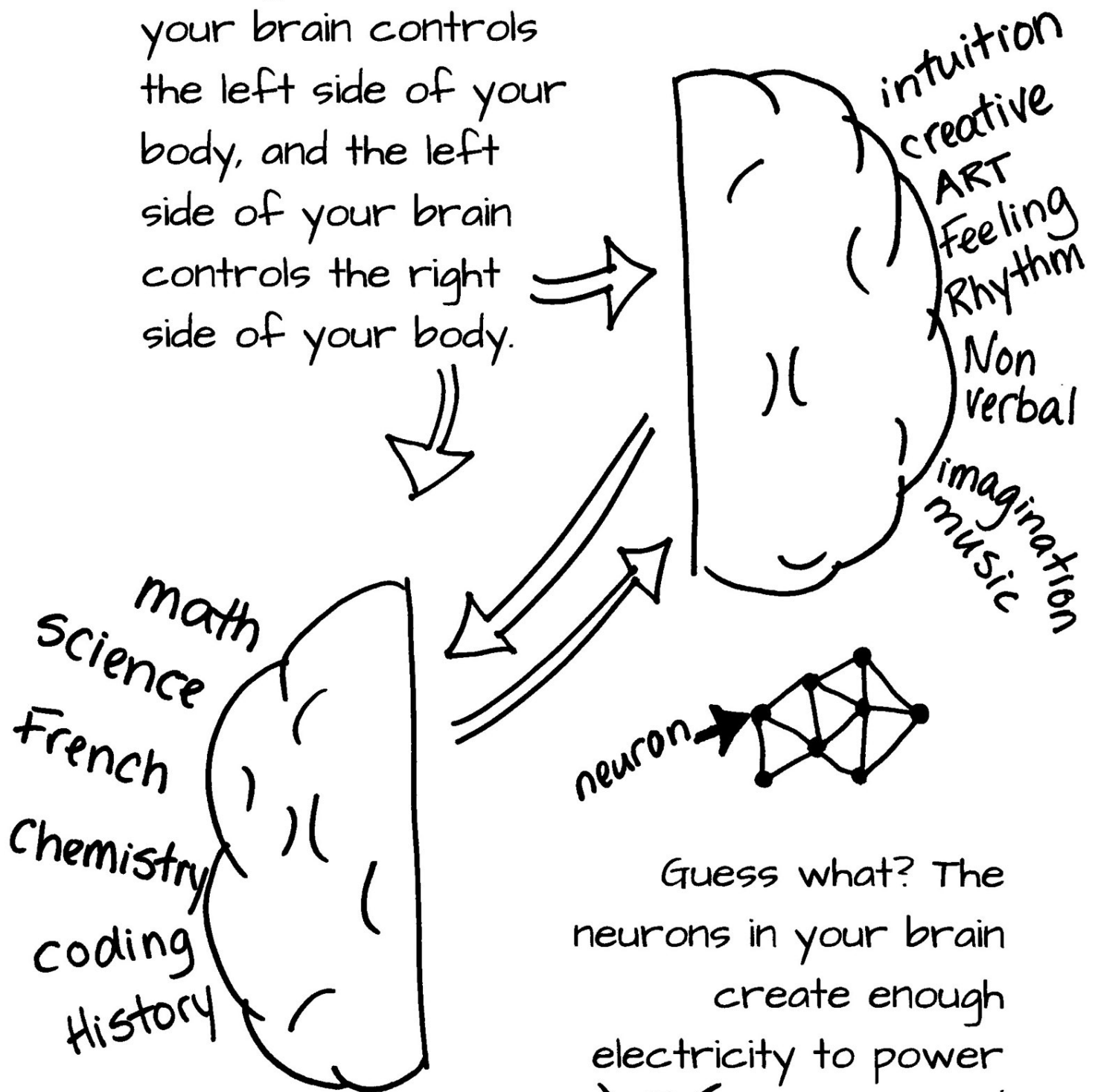
check out
these connections!

Did you know that how
you are feeling can
change how you learn?



If you are worried or upset it is harder
for your brain to learn. Scientists have
proven that the brain learns best when we
are happy and relaxed.

The right side of your brain controls the left side of your body, and the left side of your brain controls the right side of your body.



Guess what? The neurons in your brain create enough electricity to power a lightbulb!



Parts of Your Brain!

Parietal - Intelligence, language, reading, sensation

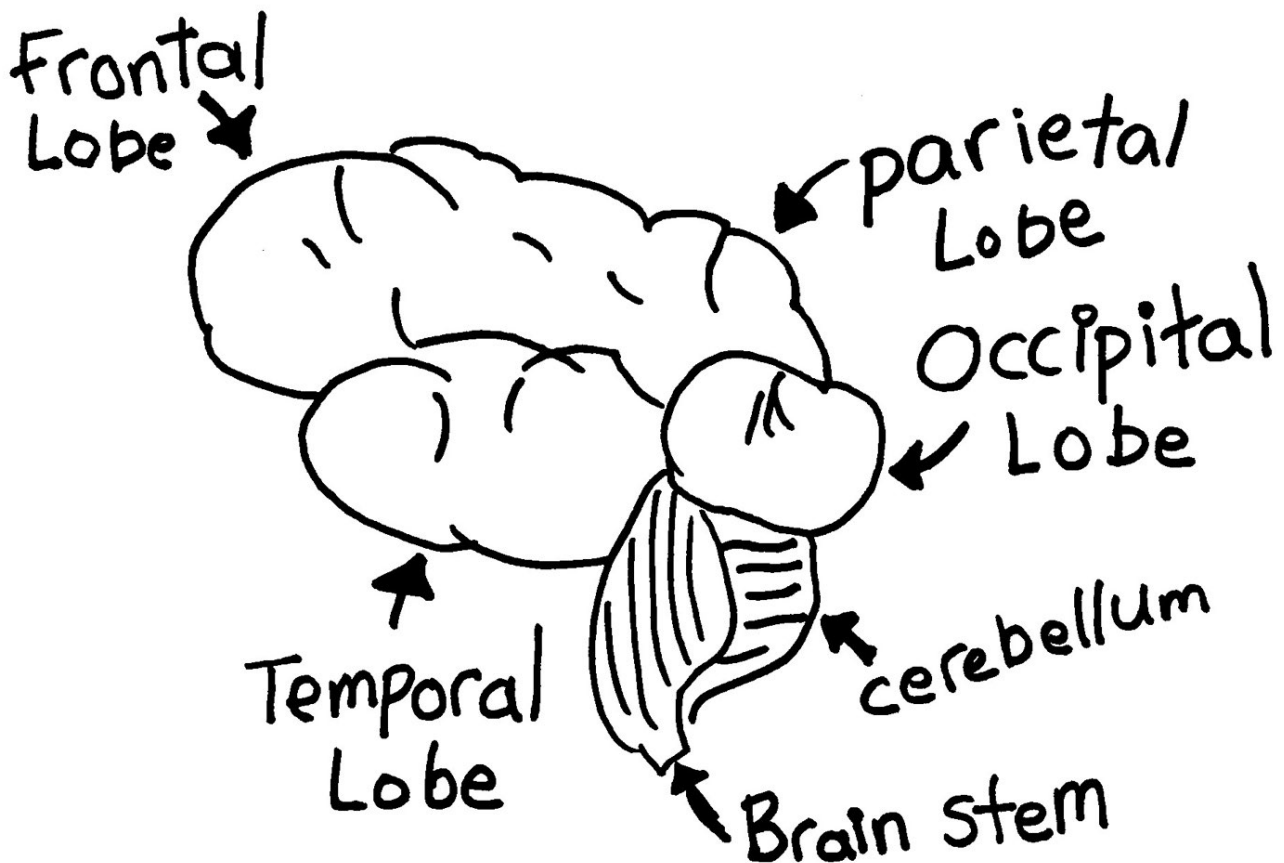
Frontal - Behaviour, intelligence, memory, movement

Occipital - Lobe, vision

Temporal - Behaviour, hearing, speech, vision, memory

Cerebellum - Balance, coordination

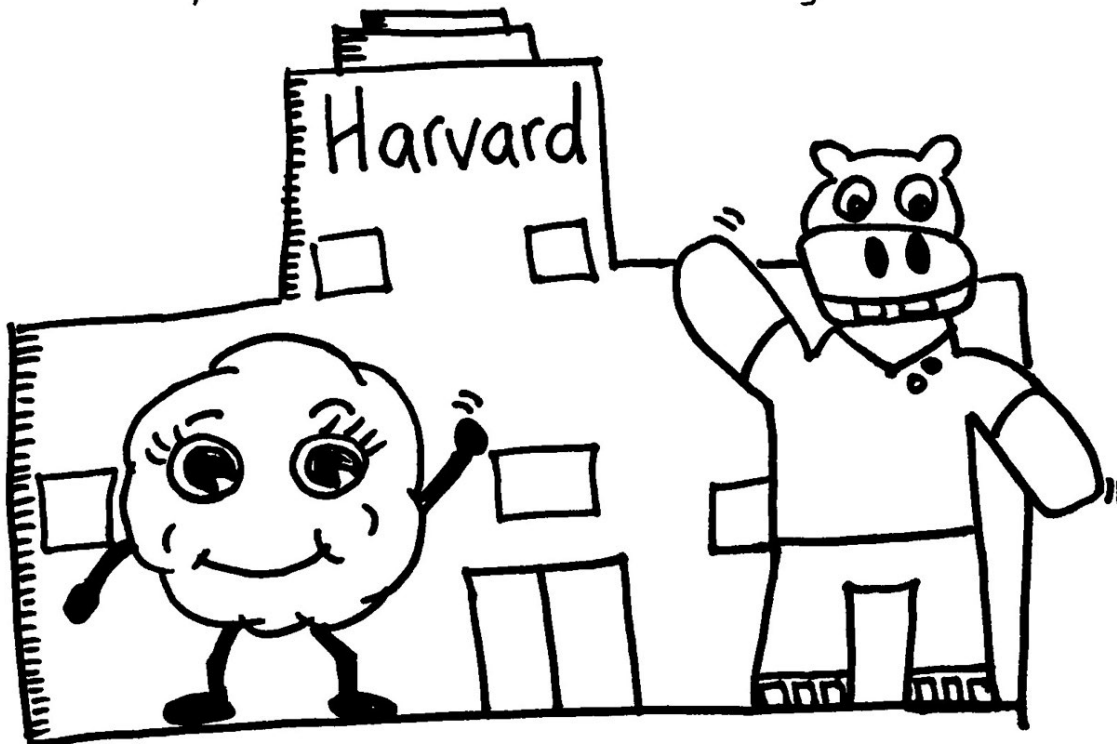
Brain Stem - Blood pressure, breathing, heartbeat, swallowing



We use all the awesome parts of
our Brains!

Hippocampus

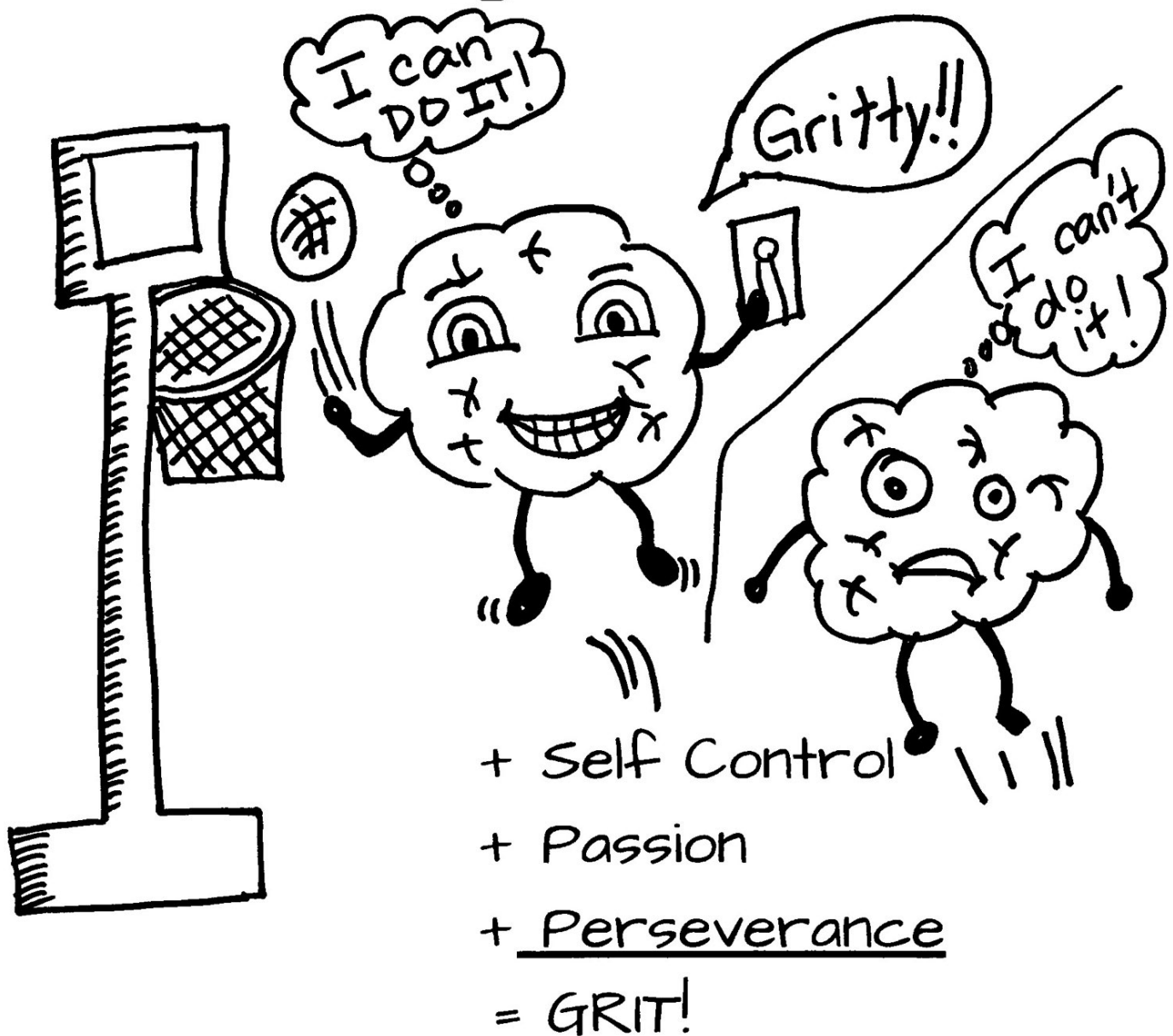
The hippocampus is a part of your brain that is responsible for forming, organizing, and storing memories. This is a tiny organ that helps you create long-term memories and make connections between memories. This is also the reason your brain makes connections between emotions and senses, like when a smell makes you think of someone or something.



The hippocampus has two parts on the left and right side of your brain near the amygdala. This is also a sensitive organ that can shrink if it experiences a lot of stress for a long period of time. There was even a study that showed that taxi cab drivers in London, England and New York City have a larger than normal hippocampus because they memorize maps and streets in large cities.



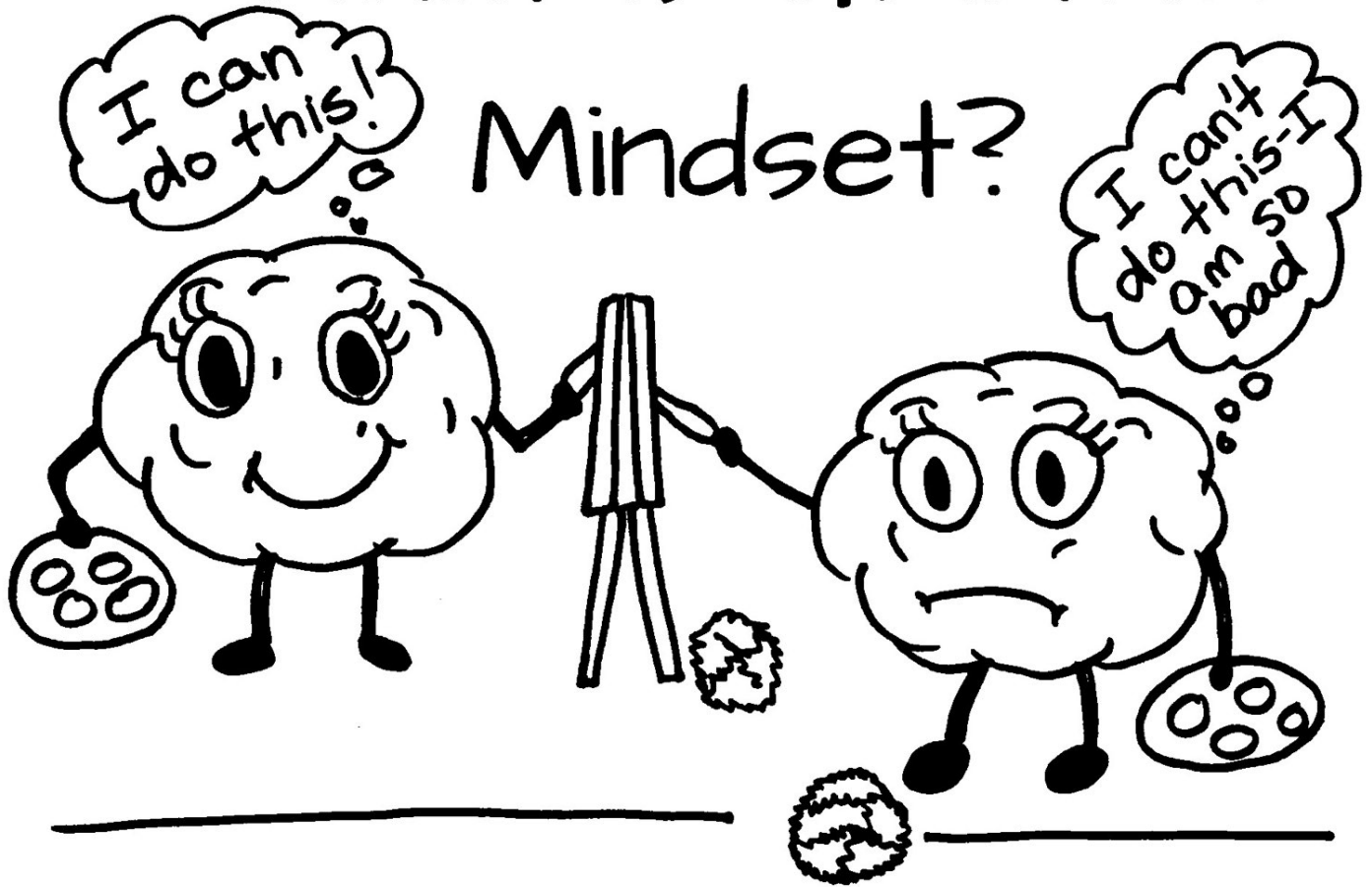
Learning and Your Brain



Be okay with making mistakes because
that is how we all get smarter!

What is Growth

Mindset?



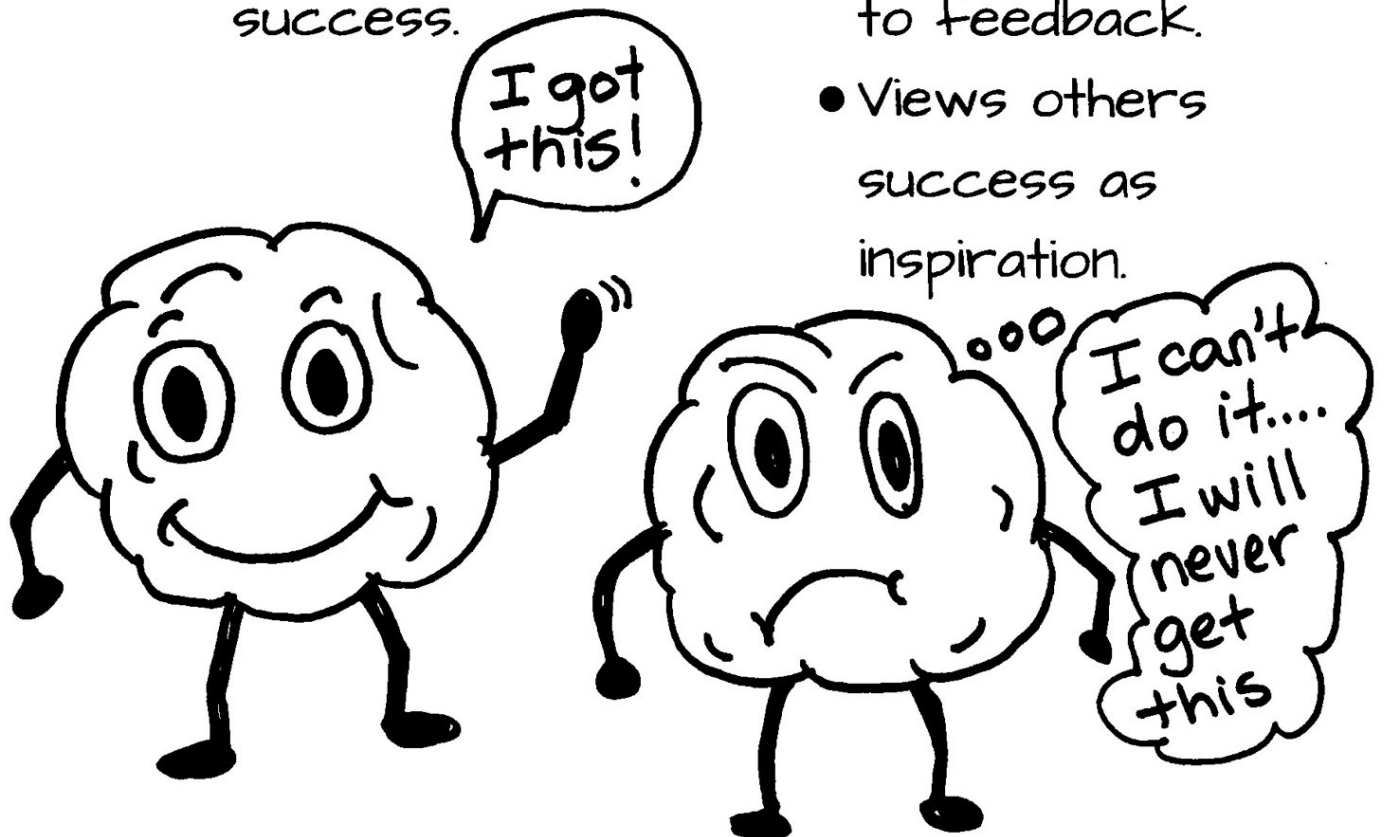
Growth Mindset is all about learning from your mistakes. Carol Dweck, a professor of psychology studied attitudes of students. Her research showed that with the right attitude students can learn and succeed at anything!

Fixed Mindset

- Believe talent is fixed.
- Believe effort is pointless. Hides flaws.
- Avoid challenges.
- Ignores feedback.
- Feels threatened by other success.

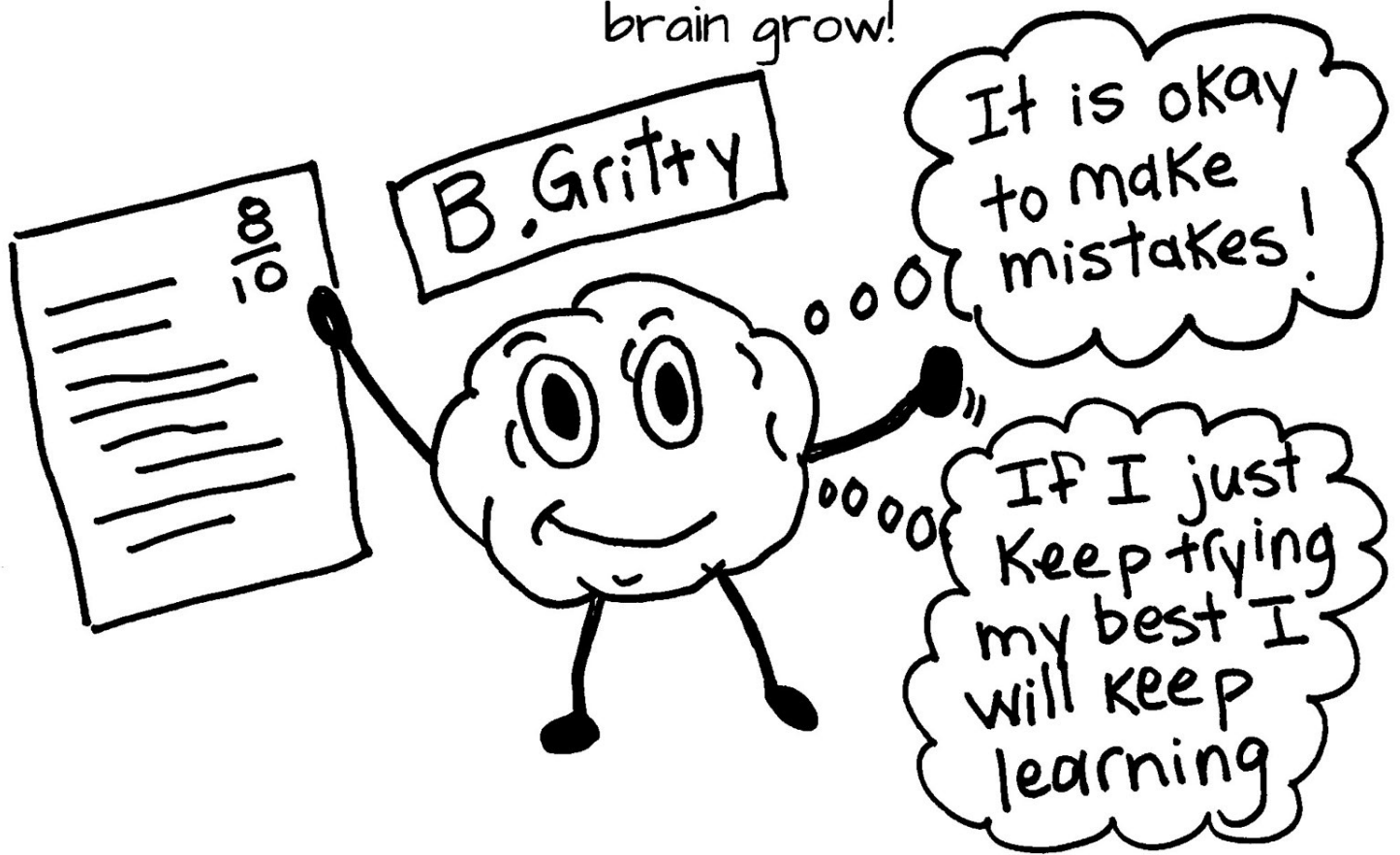
Growth Mindset

- Believes intelligence can be developed.
- Believes effort leads to mastery. Shows mistakes.
- Embraces challenges.
- Takes and listens to feedback.
- Views others success as inspiration.

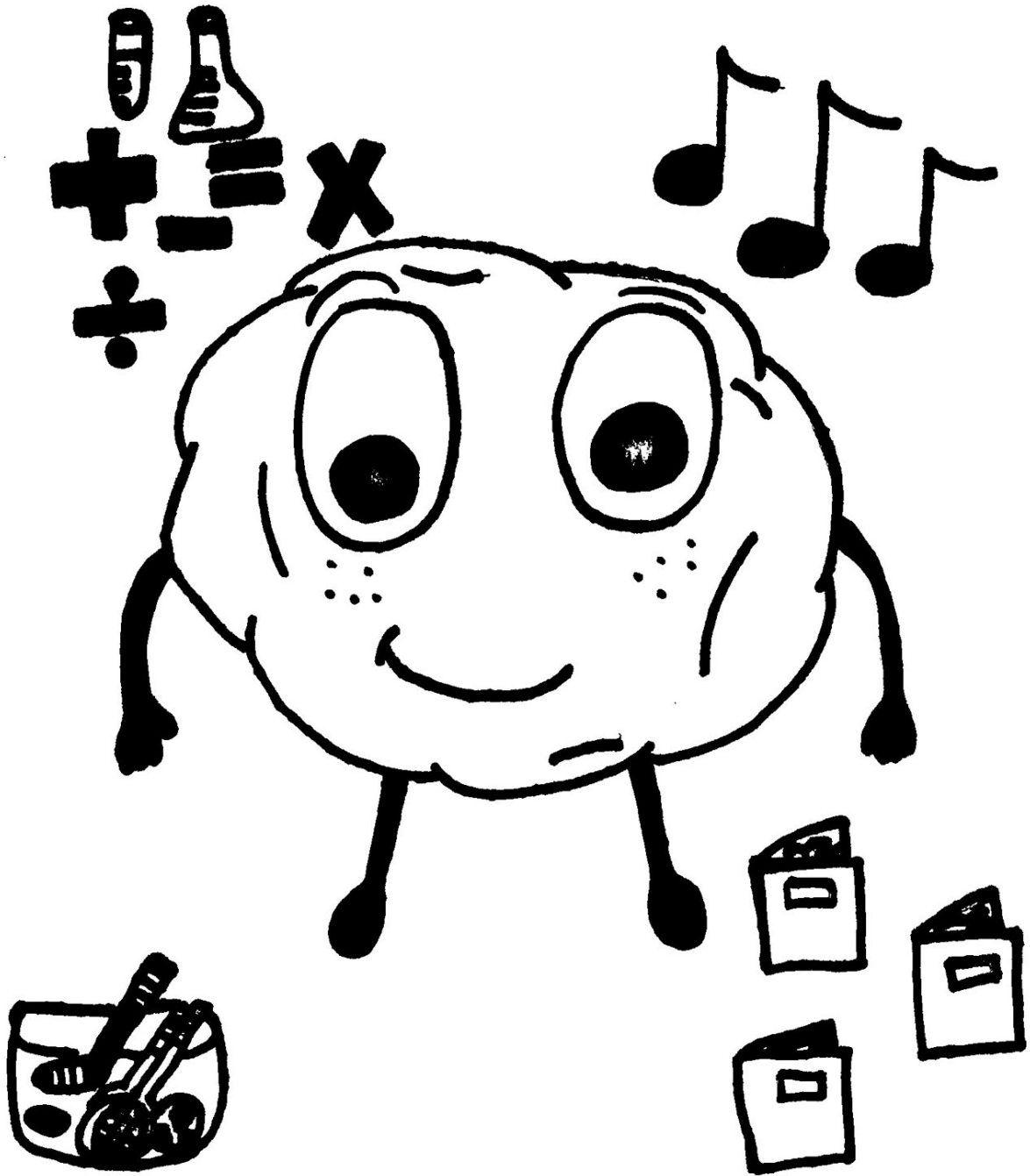


Making MISTAKES helps your BRAIN GROW!

Scientists have proven that your brain learns the most when you make mistakes and are struggling to learn. So, go ahead and MAKE SOME MISTAKES! It helps your brain grow!

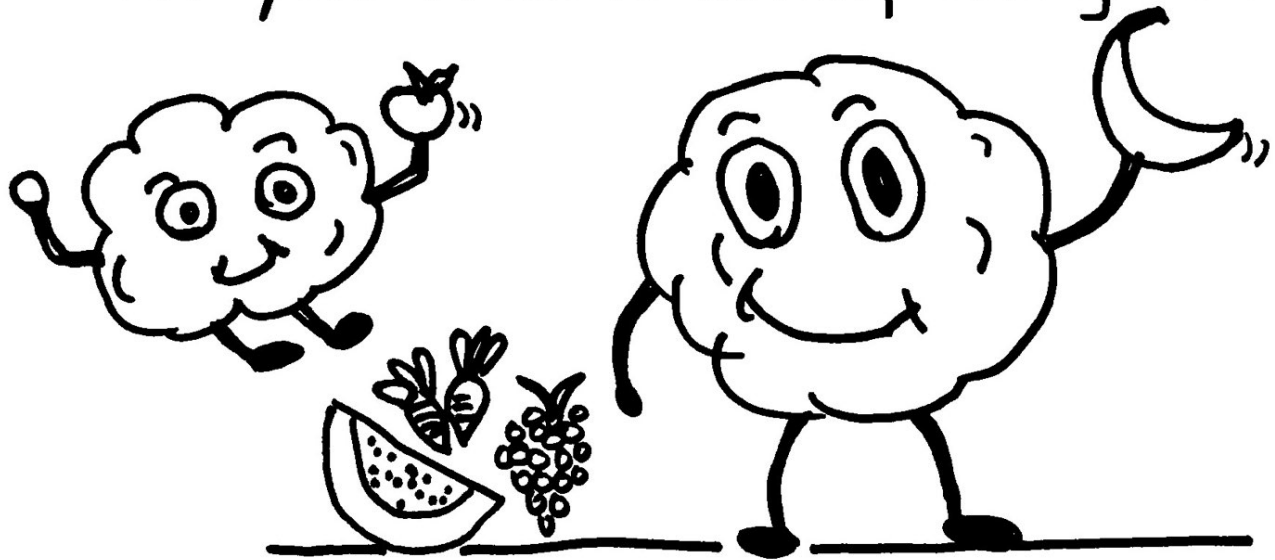


The BRAIN is like a Muscle.
Your brain gets stronger when you
embrace challenges!



How Do You BUILD A Healthy Brain?

What you EAT is really important
for your brain to develop and grow.



So, make sure you eat LOTS of fruits,
vegetables, and grains. Omega-3 fatty acids are
awesome for your brain and mental health.
Unfortunately, SUGAR isn't good for your brain
because it causes negative changes to your
concentration, memory and behaviour.

MINDFULNESS breathing helps relieve stress and anxiety (worry) in your mind.



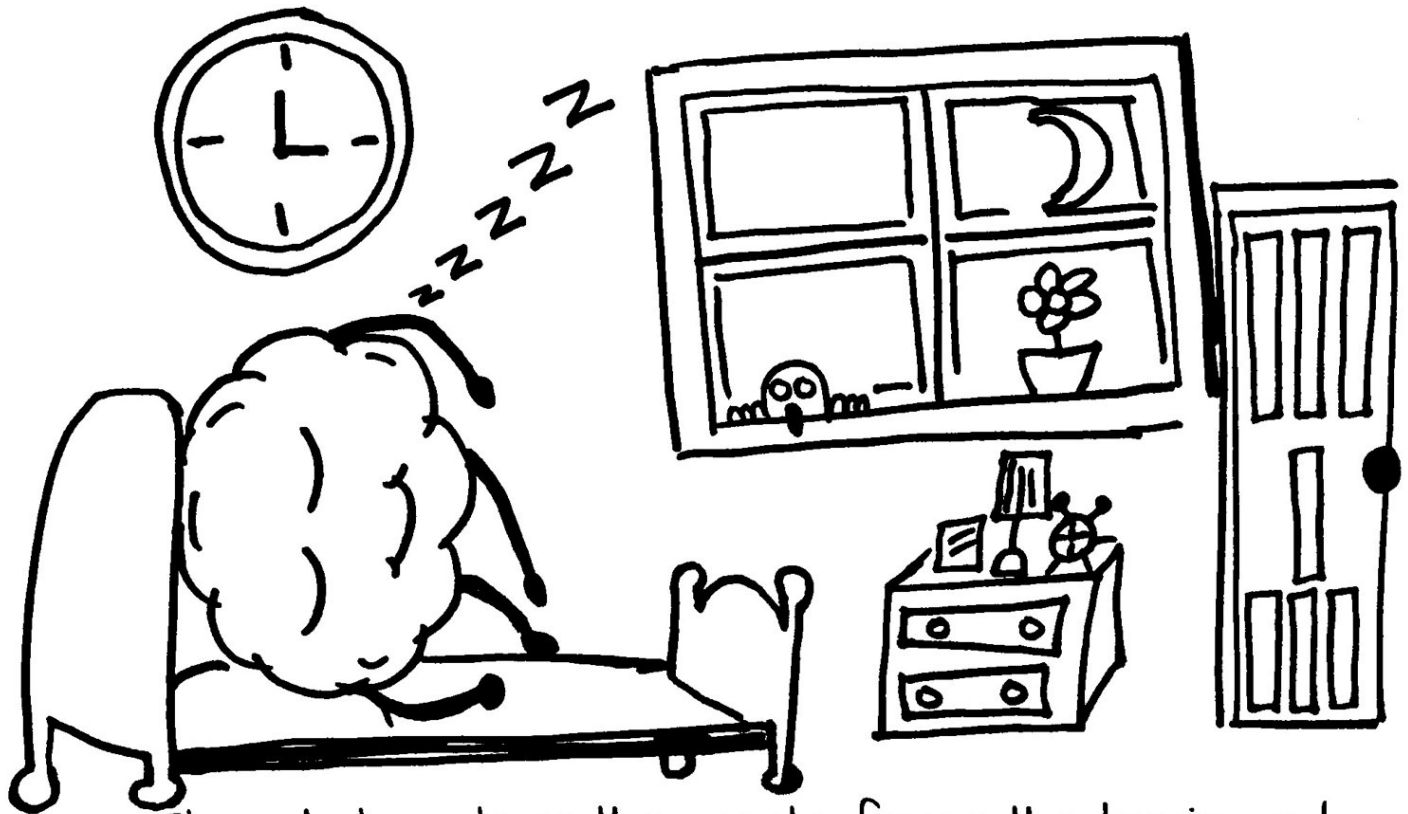
It also improves attention and concentration. Studies have shown that Mindfulness breathing increases positive social behaviour, improves math scores and self-control in the classroom. Mindfulness helps to decrease negative behaviours and improve student's attention at school.

EXERCISE boosts your brain power, improves memory, repairs brain cells, lengthens attention span, improves multitasking and even boosts decision making skills!



Exercise helps the growth of new nerve cells and blood vessels. It also boosts decision making skills in your brain. One hour of daily exercise improves memory and thinking skills. So keep moving!

The brain needs **SLEEP** each night to strengthen memories.



Sleep helps clear the waste from the brain and supports learning and memory. Sleep slows brain waves down and relaxes muscles which both help the brain. The brain needs at least eight hours of sleep for maximum brain growth. Kids from ages 6 to 13 need between 9 and 11 hours per night. Teenagers between 14 and 17 years old need between 8 and 10 hours of sleep each night for their brain to function at its best.

MUSIC is a secret weapon for your brain.



MUSIC IS
AWESOME!

Music can make your brain smarter, happier and even more productive at any age. The soothing power of music can even reduce stress, blood pressure, and pain. Music releases dopamine in your brain which is the "feel good" hormone. Learning to play an instrument gives your brain a total workout and even helps you with math. Even Einstein used to sit and play music when he was stuck on a mathematical problem. Music can make you more productive and creative.

Learning to Learn!

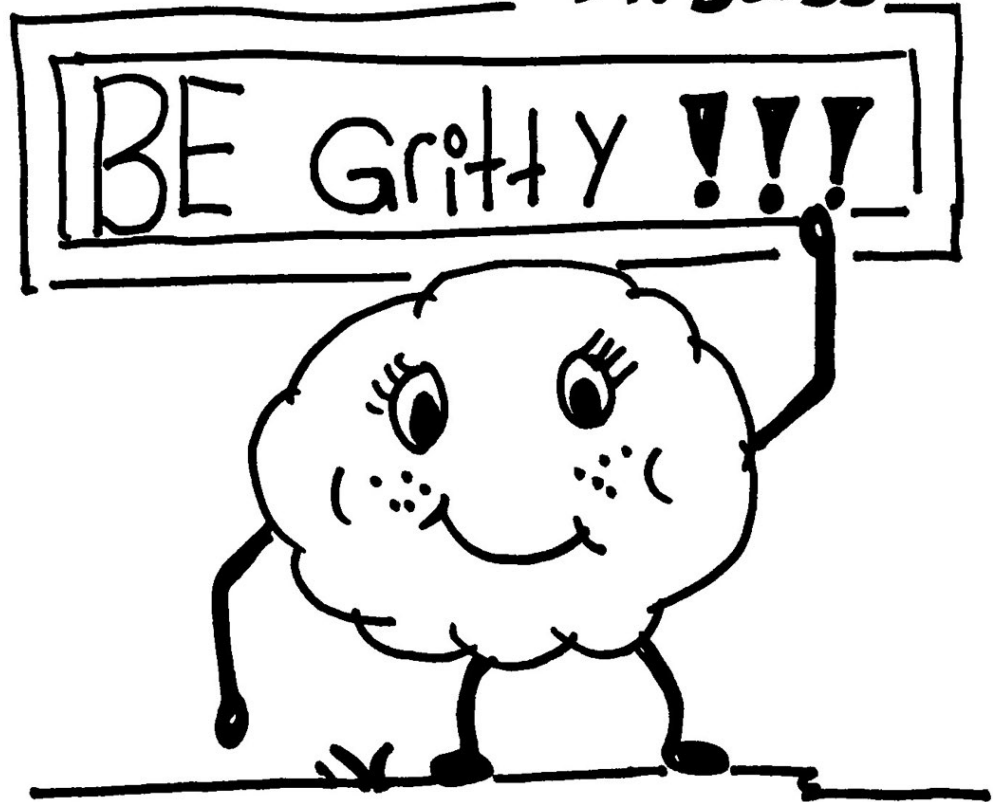
1. Respect yourself, your learning, teachers, classmates and school.
2. Set goals for your learning.
3. Reflect on your learning.
4. Always do your best.
5. Believe in yourself!
6. Ask questions when you need help.
7. Practice mindful breathing when you get frustrated.
8. Never give up! Try and try again
9. Always be positive.
10. Be a CREATIVE problem solver.
11. Wonder, investigate and research.
12. Remember YOU are a LEADER and in charge of your learning!
13. BE GRITTY!



B. Gritty!

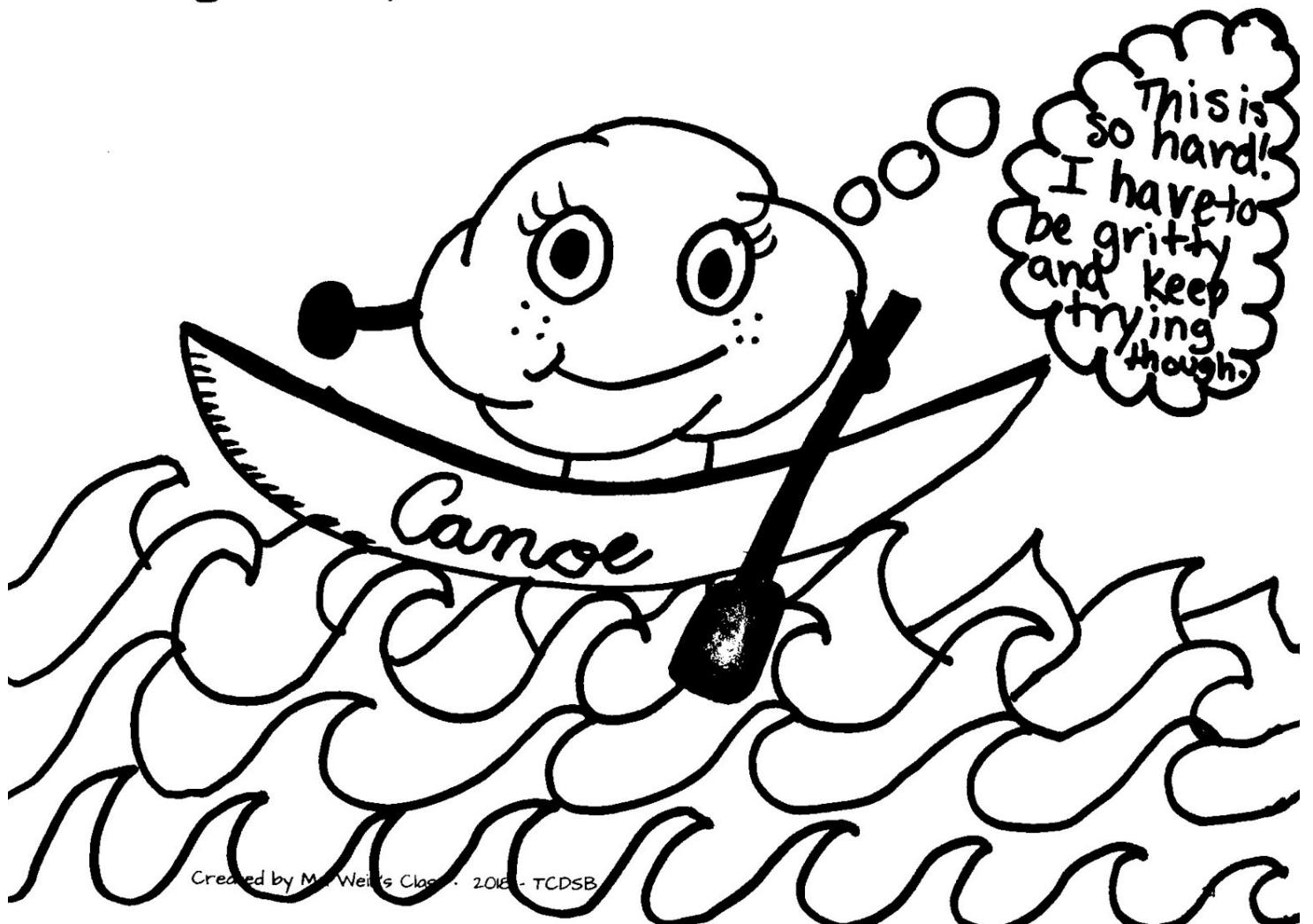
You have **BRAINS** in your **HEAD**.
You have **FEET** in your **SHOES**.
You can **STEER** yourself in any
DIRECTION you **CHOOSE**.

- Dr. Seuss



You Got
This!

Grit: COURAGE, bravery,
pluck, mettle, backbone, spirit,
strength of character, strength
of will, moral fiber, steel, nerve,
fortitude, toughness, hardiness,
resolve, resolution, determination,
tenacity, perseverance, endurance,
guts, spunk



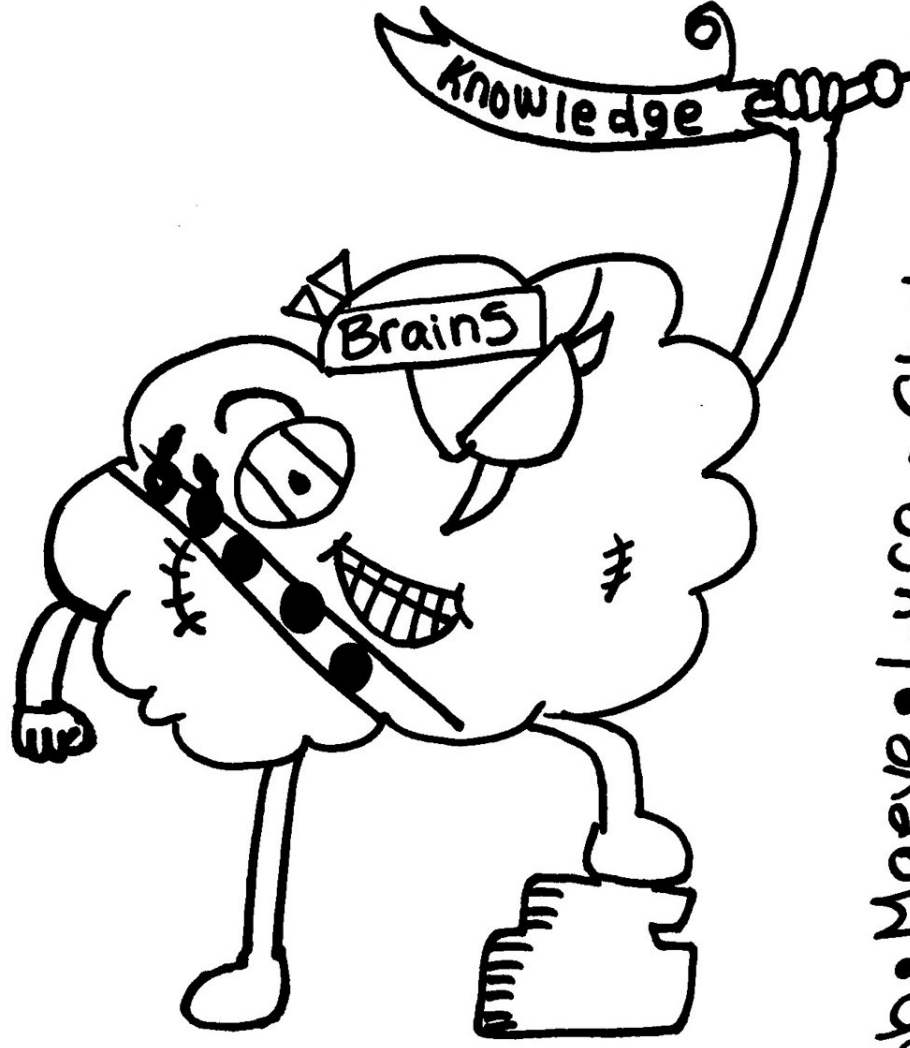
CREATE
something that
WILL MAKE THE
WORLD AWESOME.

- KID PRESIDENT



Henry • Alexandra • Jacob • Maja • Rosie • Felix

B. Gitty

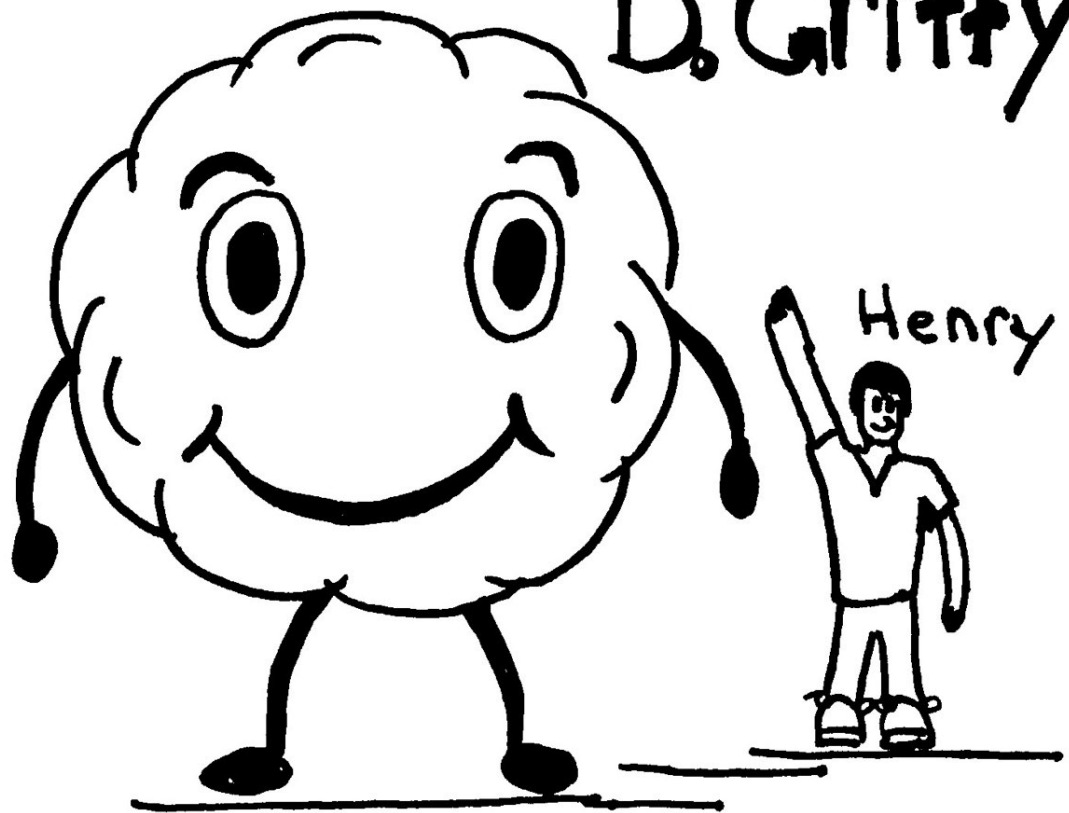


Be Like

Jun-Hee • Jacob • Maeve • Luca • Chelsea • Michael
Haley • Sophia • Mason • Ethan • Peter • Ava • Thomas
Felix • Alexia • Liam • Maja • James • Lukas • Angelika
Henry • Rosie • Alexandra • Vincent • Abbey • Brayden

Have Grit!

B. Gritty



ART DIRECTOR: HENRY DUKE