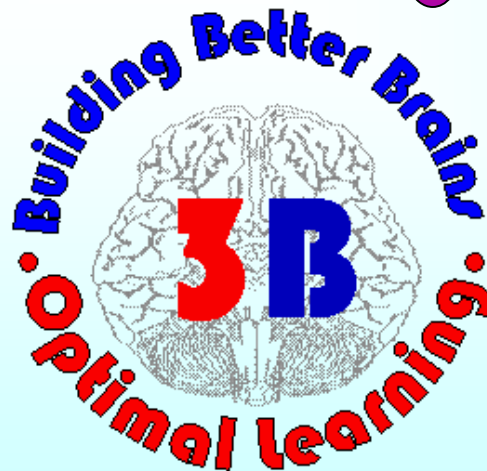
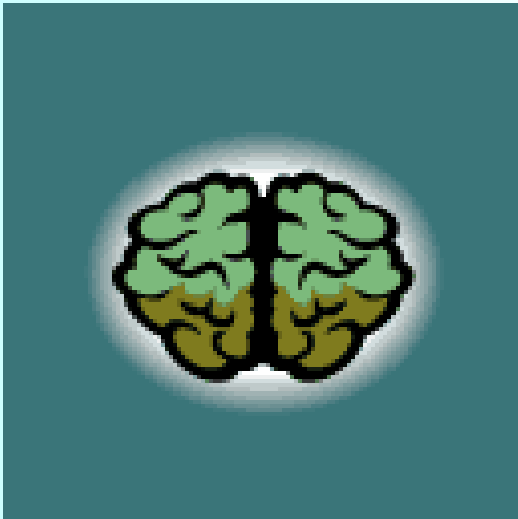
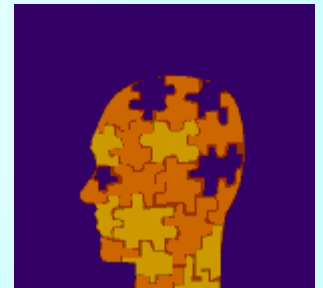


All about

Your Amazing Brain!



www.optimal-learning.net



Next slide

What does
your brain
look like?



About your
3 brains in
one



What have
we found
out?



The
BIG
picture

What does
each part
need?



Let's draw
our 3 brains
in one!



To start with, if you have ever wondered what your brain really looks like, here it is...



It smells of cheese

It feels like jelly

It is about 80% water

It is about the size of
an average cauliflower

WOW!!!

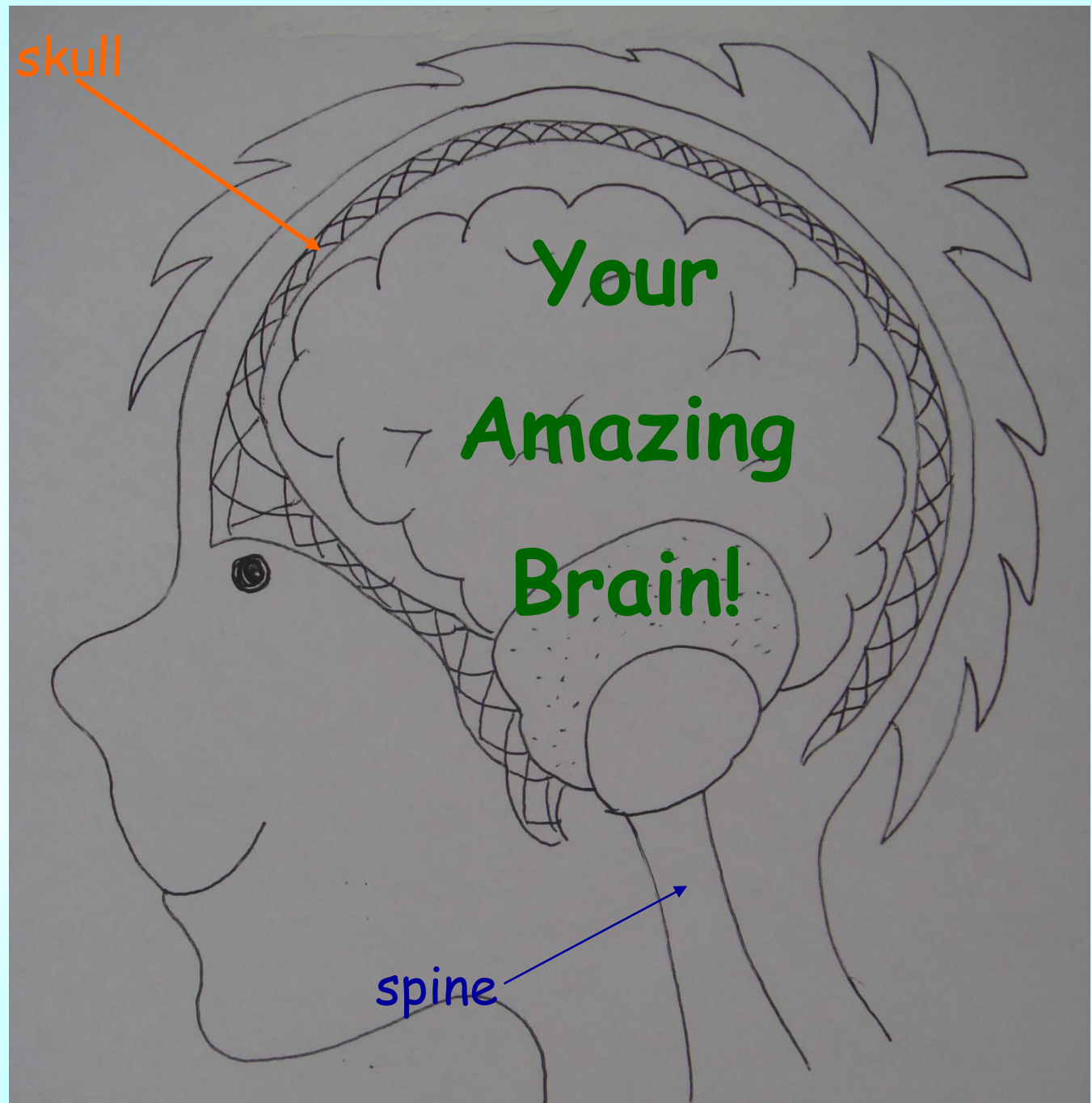
It weighs about 1.5kg

It has a neo-cortex that is
about 2mm thick

and about the size of four
A4 sheets of paper

Next slide

Imagine
you
could cut
your
head in
half
down the
middle
and look
inside
like
this...



Next slide

You would see
your three brains
in one!

In order to learn
you need to be

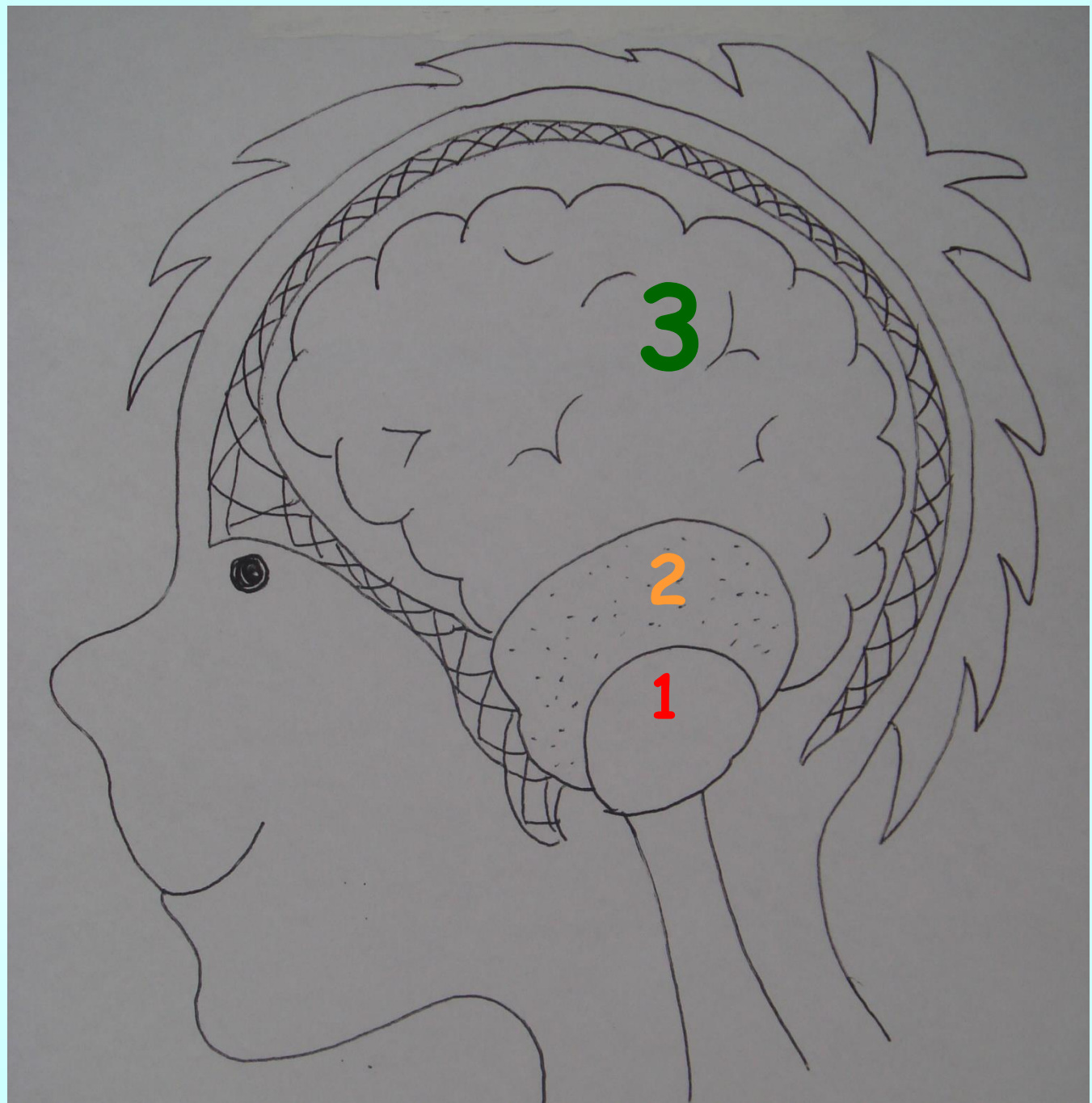
Relaxed (happy)

Alert (pay
attention)

Motivated (want
to learn)

Positive (believe
in yourself)

In the right
mood!



Next slide

The oldest
and smallest
brain is
called the
REPTILIAN
brain.

It needs to
feel that all
is well - no
stress.

It sits at
the bottom
and is about
5% of the
whole brain.



To be happy and
Relaxed
your reptilian brain
needs to:

- Feel safe
- Feel comfortable
- Have water
- Eat breakfast
- Have a good sleep
- Have no worries
- Have its own space
- Have fresh air

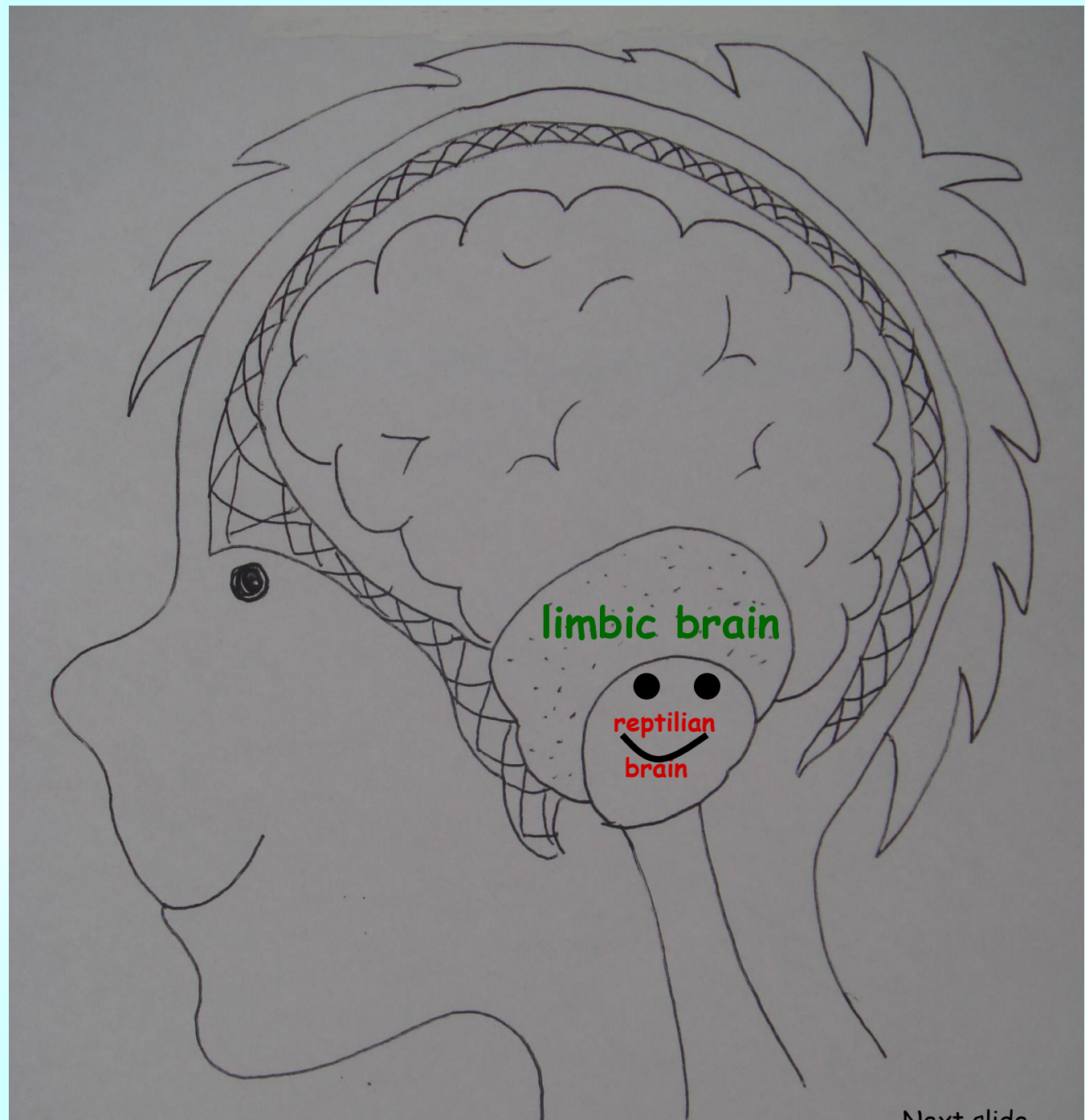


Next slide

The second brain is called the LIMBIC brain.

It sits in the middle and is about 15% of the whole brain.

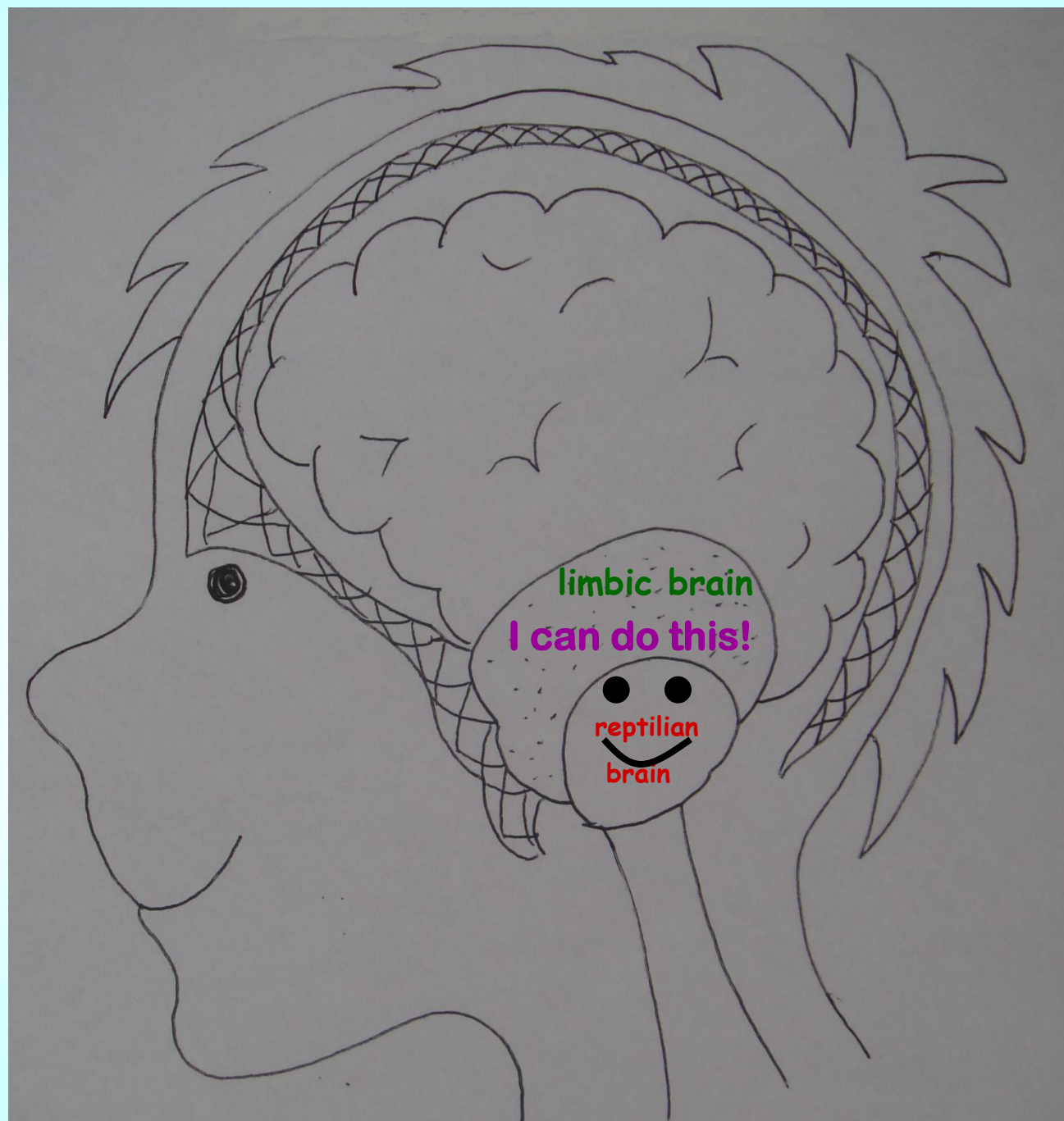
It needs to believe (I can) be interested in learning.



This brain directs
your
Attention - what
YOU find
important and
interesting.

It also controls
your
Motivation - what
YOU want to learn
and do.

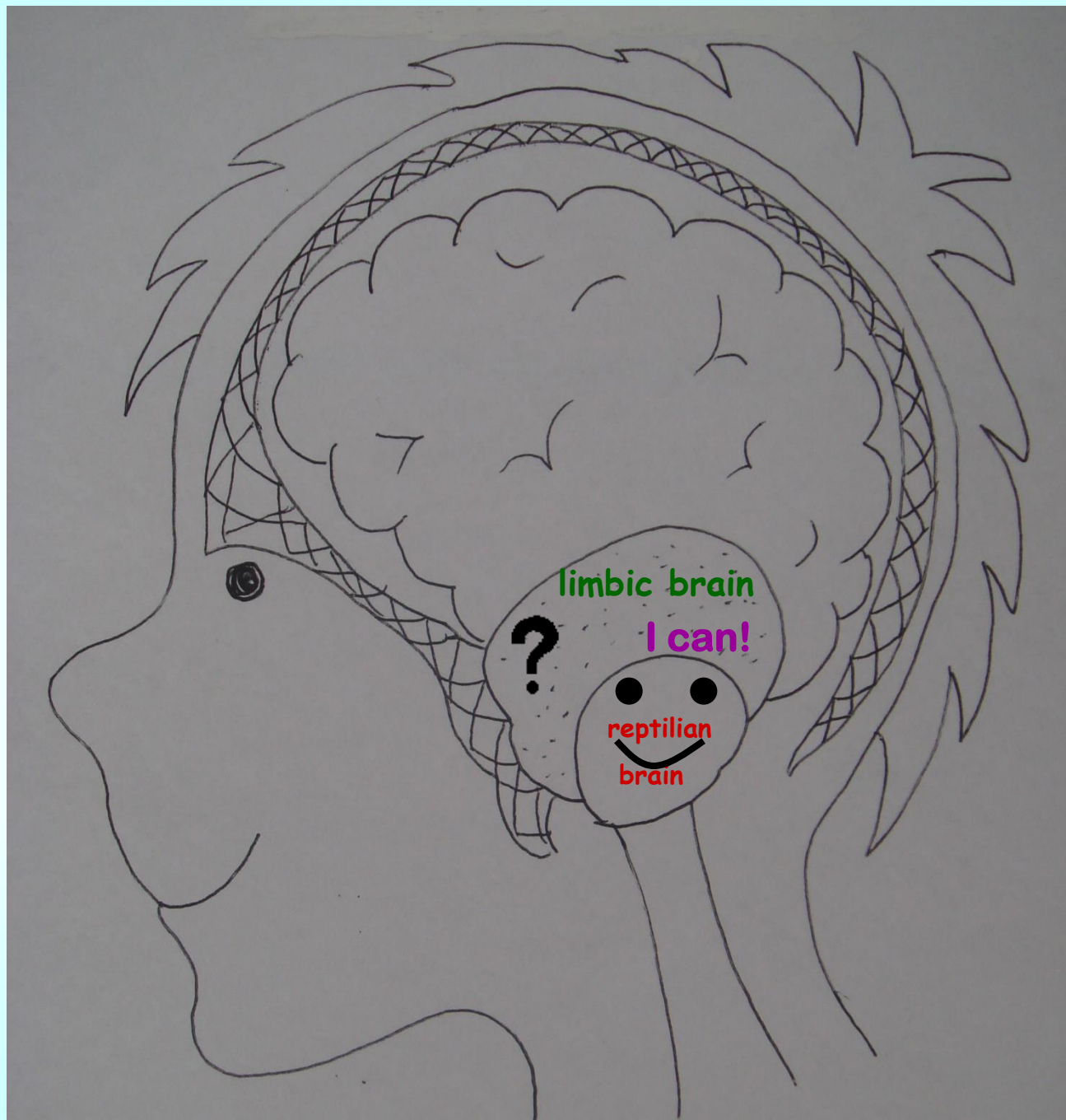
Finally, it
determines how
Positive
YOU feel - to be
able to believe
I CAN DO THIS!



It needs to pay attention by switching RAS on! (like a light bulb)

As long as you know why the learning is important and useful to you, RAS will be grabbed, lit up and you can listen well.

Be Alert and Motivated by finding wiifm - "what's in it for me?"

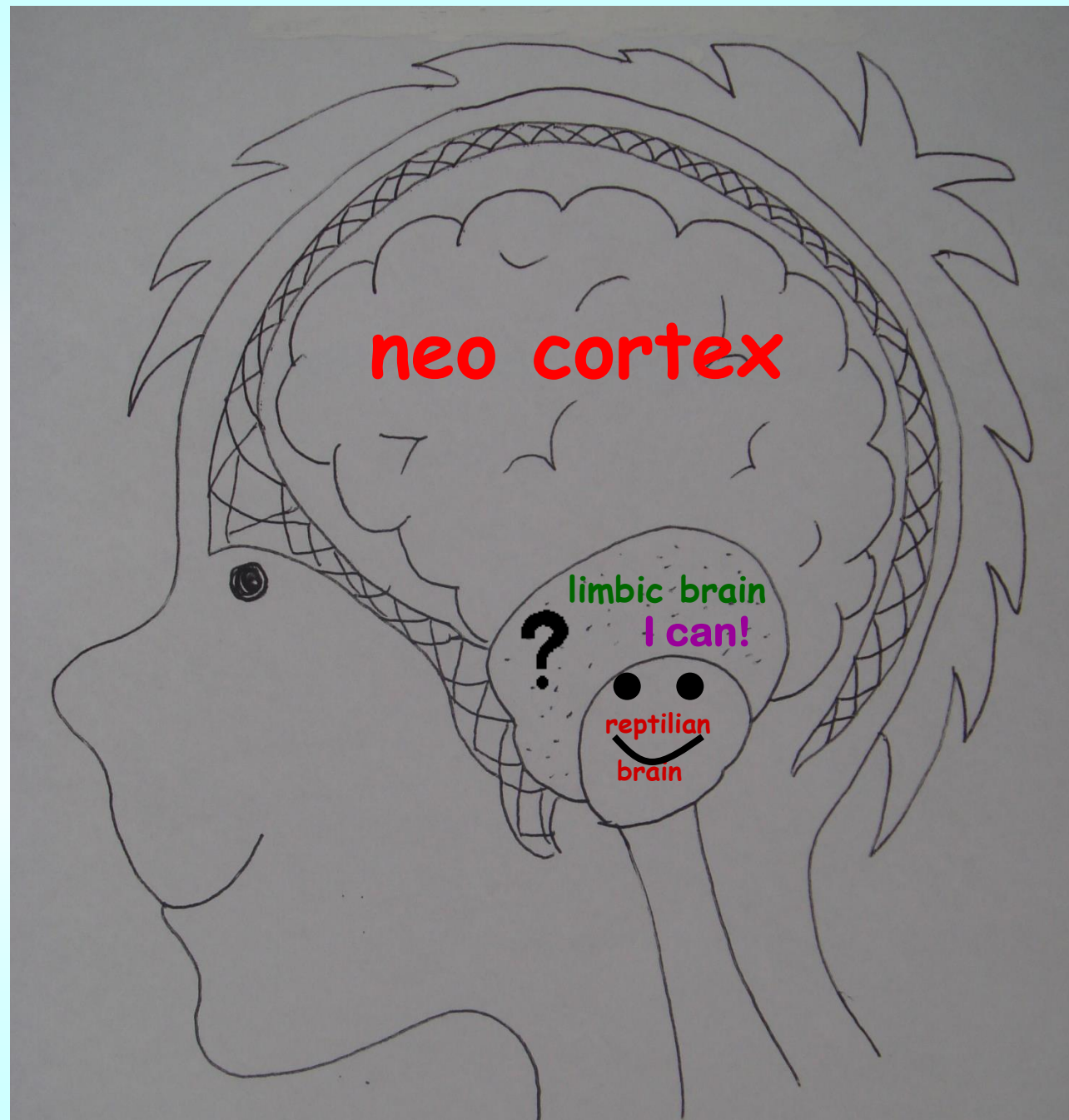


Next slide

Once you are ready to learn you can switch on the 3rd brain, the massive learning engine - your neo cortex.

This is 80% of the whole brain and is where most thinking and learning takes place.

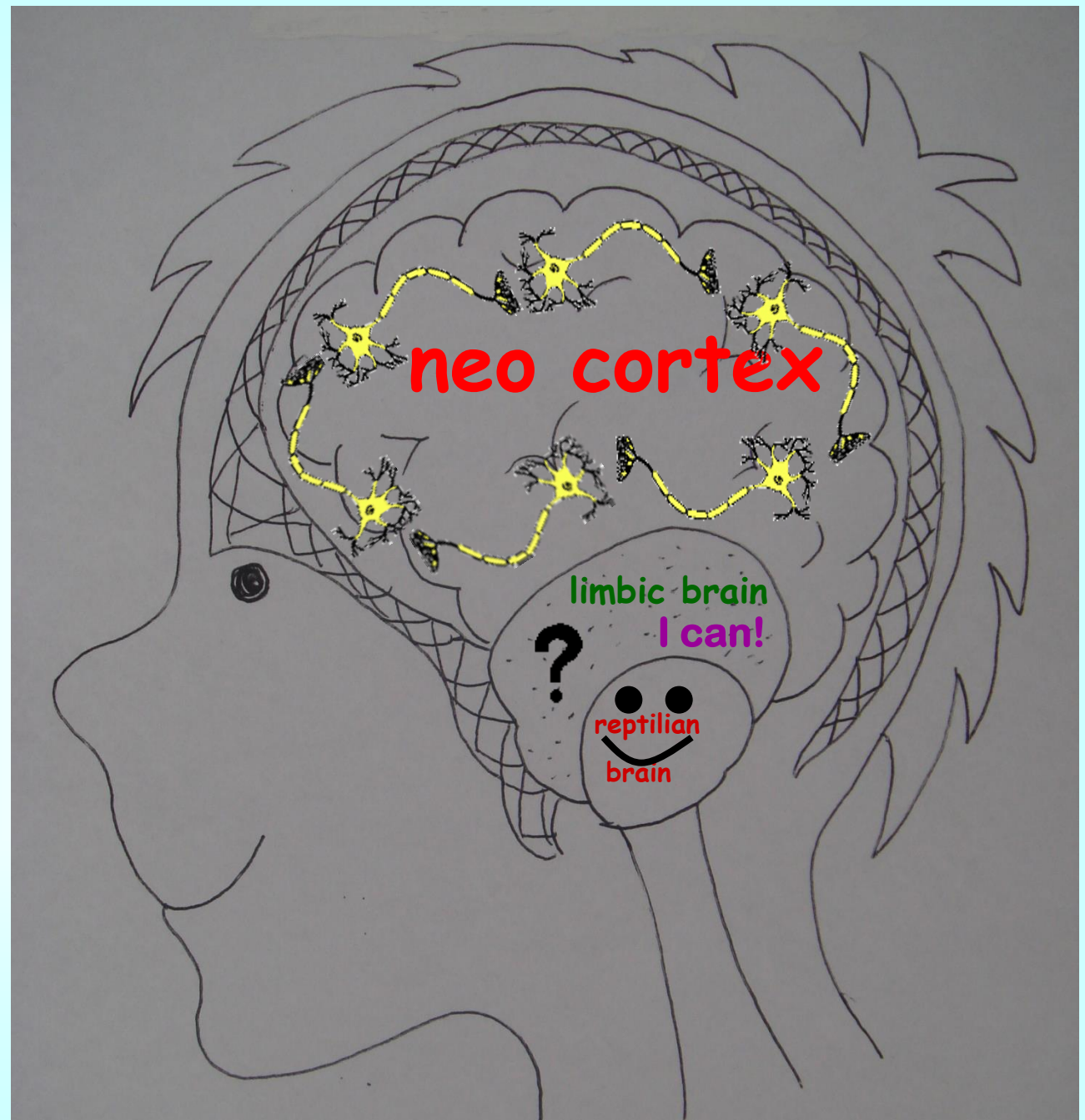
If you could unfold your neo cortex it would be about the size of the top of your desk!



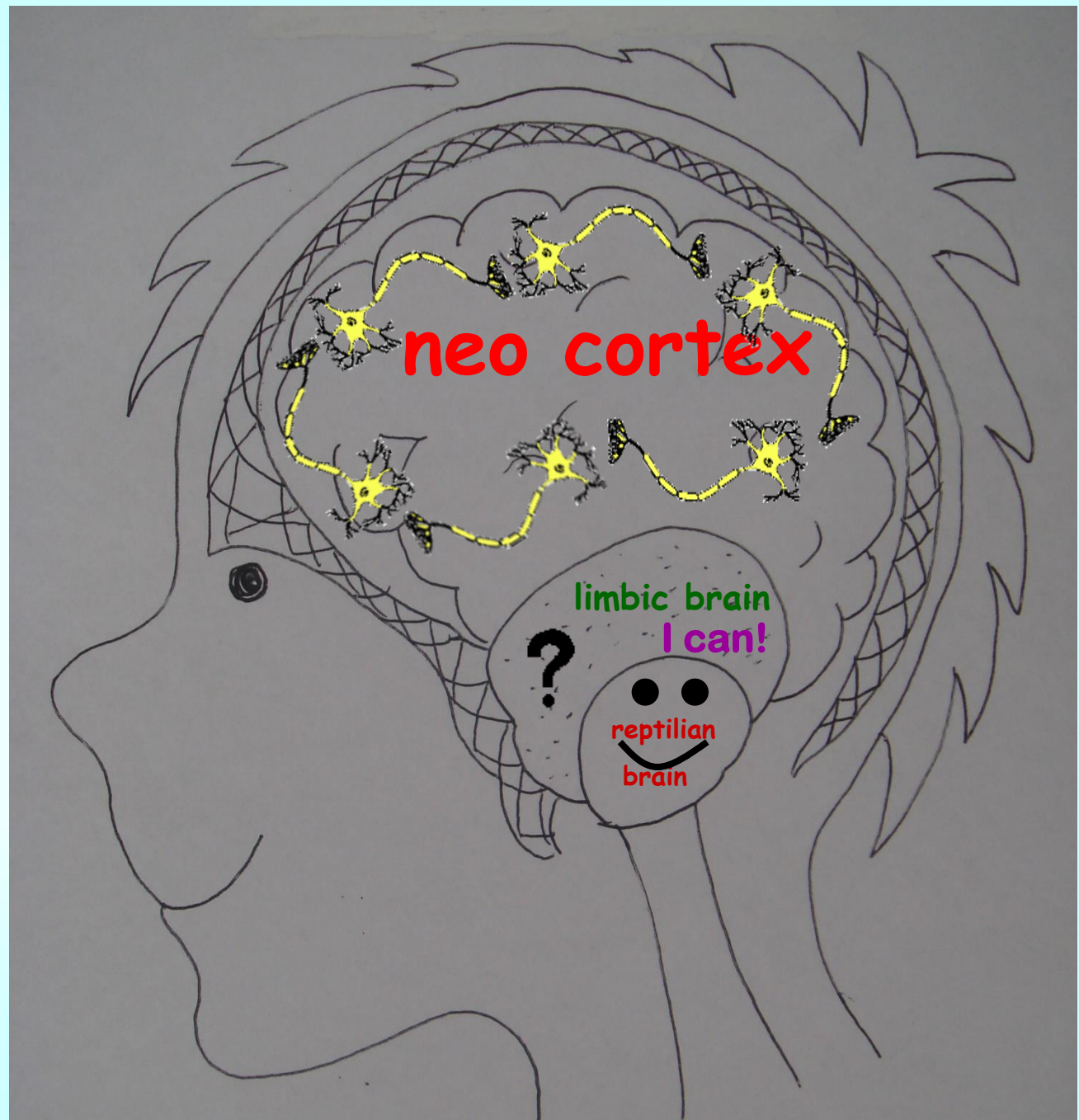
Brain cells join up
here as you learn.

This brain needs:

- to work in short
bursts
- to have brain
breaks
- to have feedback
- to have challenges
- to know why the
learning is important
- to think

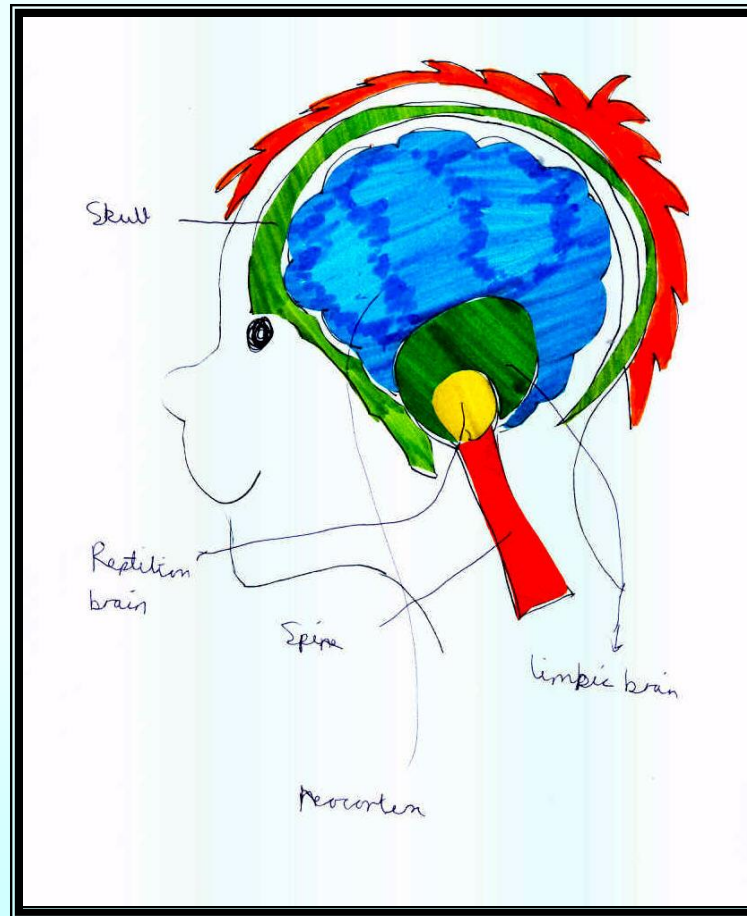


Now
complete
your
3 brains
in one
task



Next slide

Now build your brain!



⊕ The BIG Messages

⊕ Be Relaxed-no stress



Alert-RAS on!

Motivated-wiifm



Positive-say 'I can'



NOW you are ready to
learn!

