

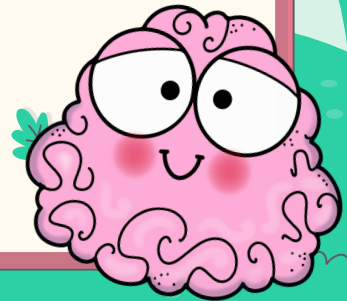


Parts of My Brain

Kindergarten

Unit 1.2 - Neuroscience

SEL Lesson 2



Class Connect



Review

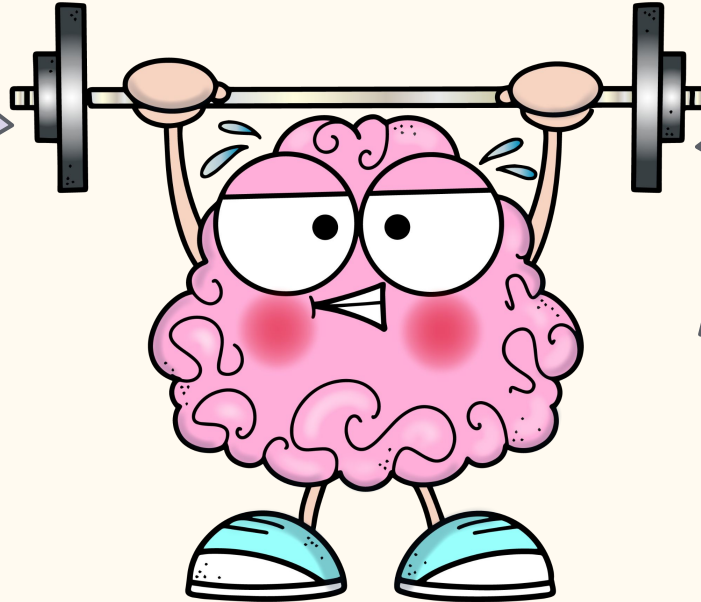
wellness



well·ness 🙌

synonyms-
health, wellbeing

antonyms-
sickness, weak, unhealthy



Your brain
is the **BOSS**
of your
body!



Why is today's lesson important?

Parts of My Brain



Regulation

"I can recognize and manage my emotions."



Perseverance

"I can demonstrate endurance and capacity to complete tasks."



Collaboration

"I can work well with others in a team."



definition

- The study of our nerves, nervous tissue, and their relation to our behavior and learning
- how our brain and body connect



neuroscience

👏 neu·ro·sci·ence 👏

synonyms- brain science, nervous system

antonyms - astronomy, geology, mathematics

question

- What is one part of our body or brain that is studied in **neuroscience**?

examples

- deep breaths helping to control our heartbeat and calm
- reflexes-like catching something that falls near you

non-examples

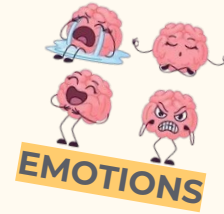
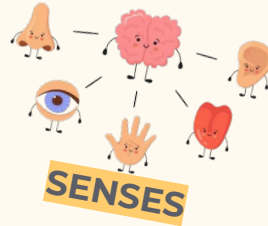
- plant life cycles
- meteorology
- paleontology



THE BRAIN



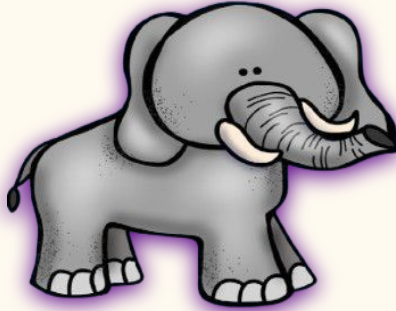
Our brain has so many jobs! 🌿



**AND
MORE!**

Every job has a part of the brain
that is in charge...

Today, we will learn about
three important parts of your
brain.



Hippocampus



Amygdala

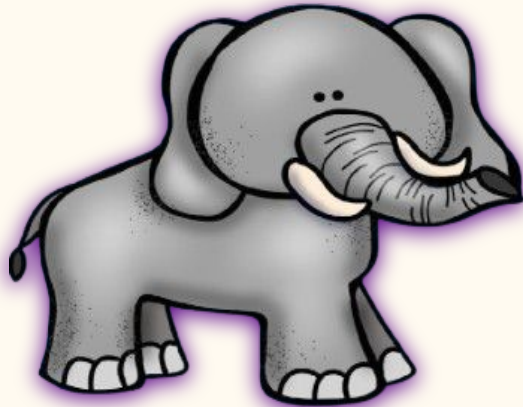


Prefrontal
Cortex (PFC)

Hand model of your brain...

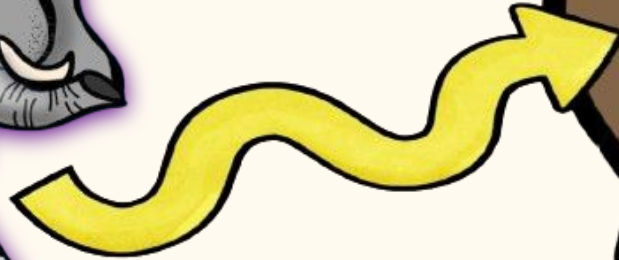
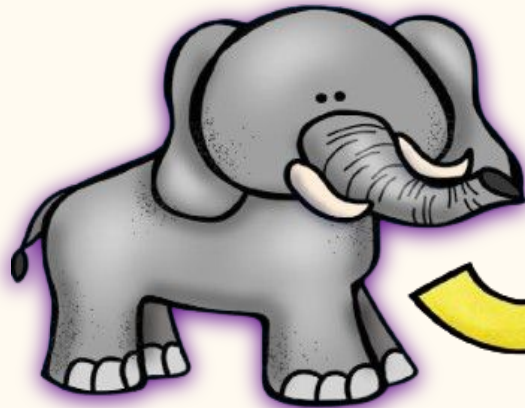


Meet your...hippocampus.



I am the memory saver of your brain! I save new memories and bring out your old memories when you need them. I play an important role in helping you learn!

Hippocampus memory



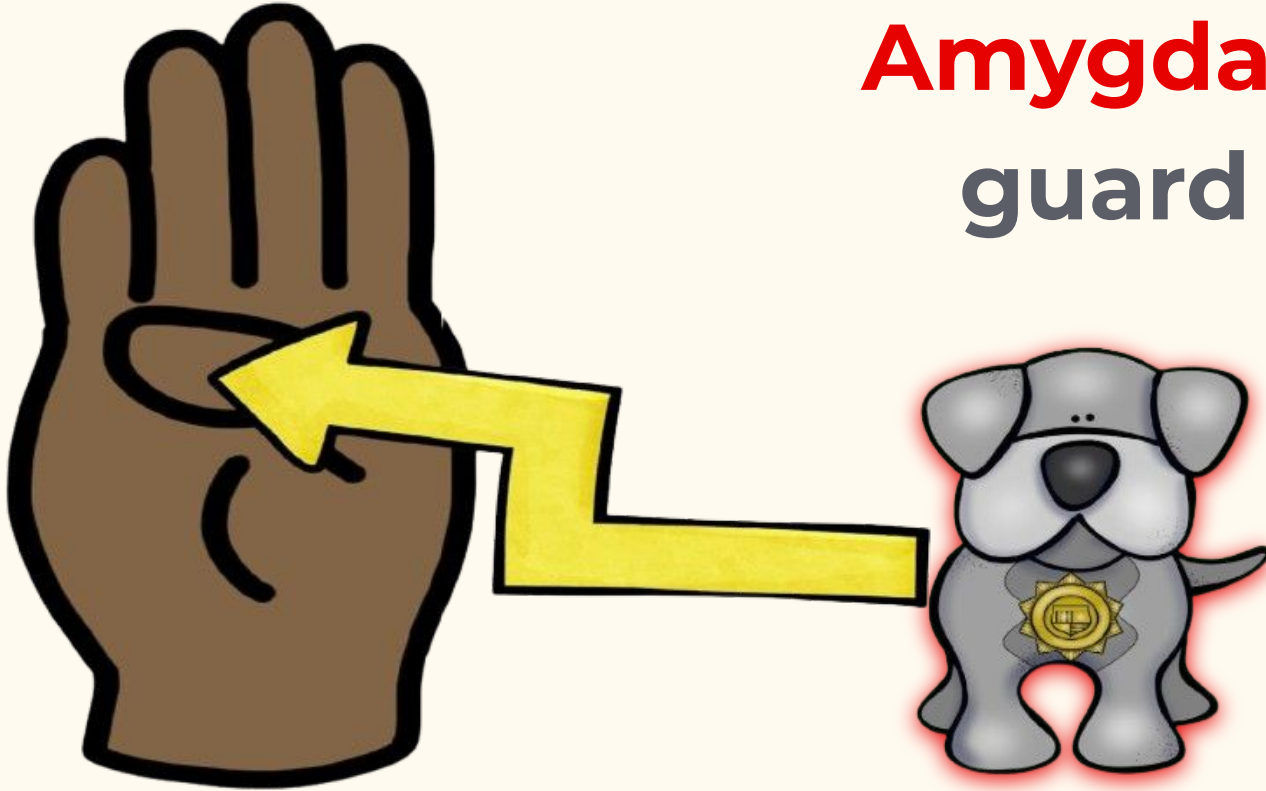
Meet your...**amygdala**.

I am the part of your brain where you feel big emotions. My biggest focus is on your safety, just like a guard dog! This means I think and make choices without taking long to think first.



Amygdala

guard dog



Your **amygdala** keeps you safe by helping you act fast in situations, like:

...if your hand just touched a hot pan...



...or something scary crosses your path...



...or if something comes towards you fast...



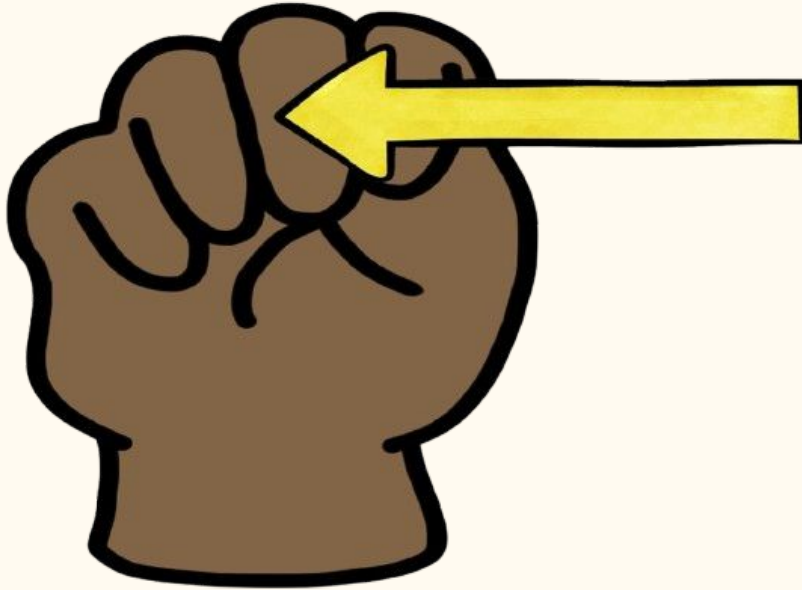
Meet your...PFC. (prefrontal cortex)

I am the wise owl of your brain. I help you stop and think before you act. This makes sure you make choices that are smart and safe!



PFC (prefrontal cortex)

thinking



When our **PFC** is in control:



Your brain and body feel
relaxed and **safe**.



You are **calm**
and **ready to learn**.

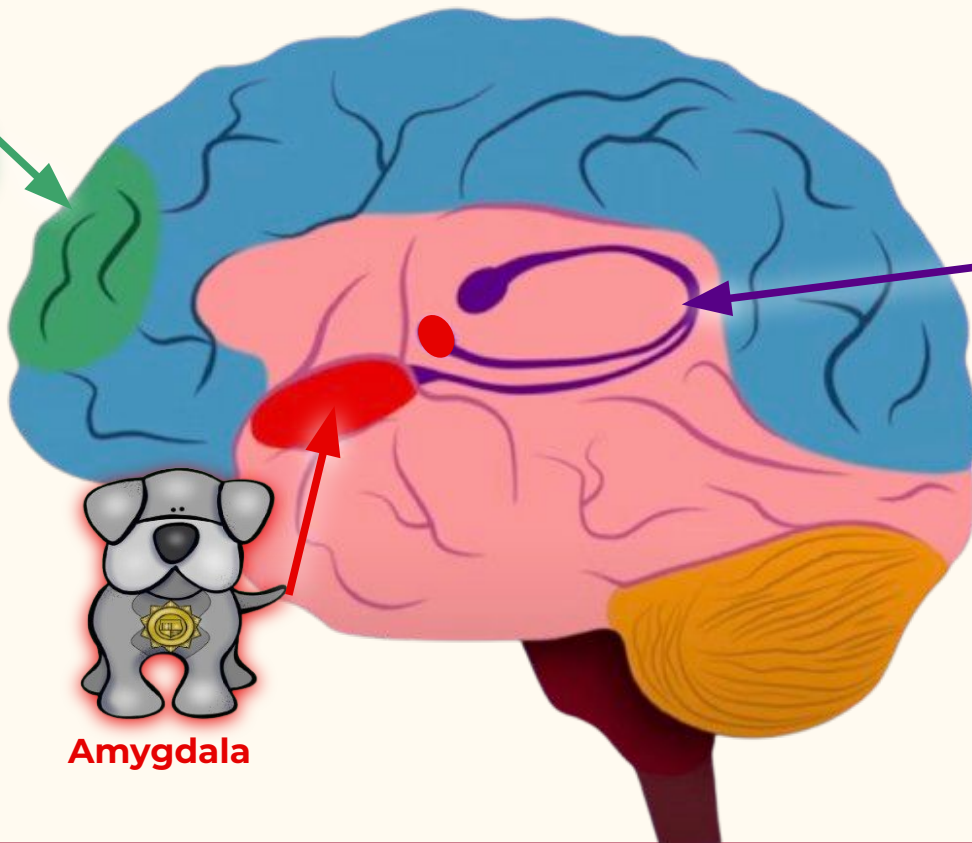


Movement

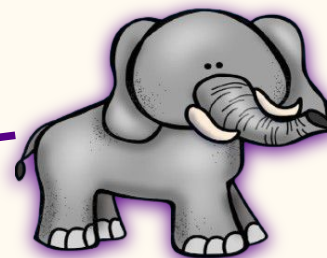




**Prefrontal
Cortex (PFC)**



Amygdala



Hippocampus

Activity



Peace Out



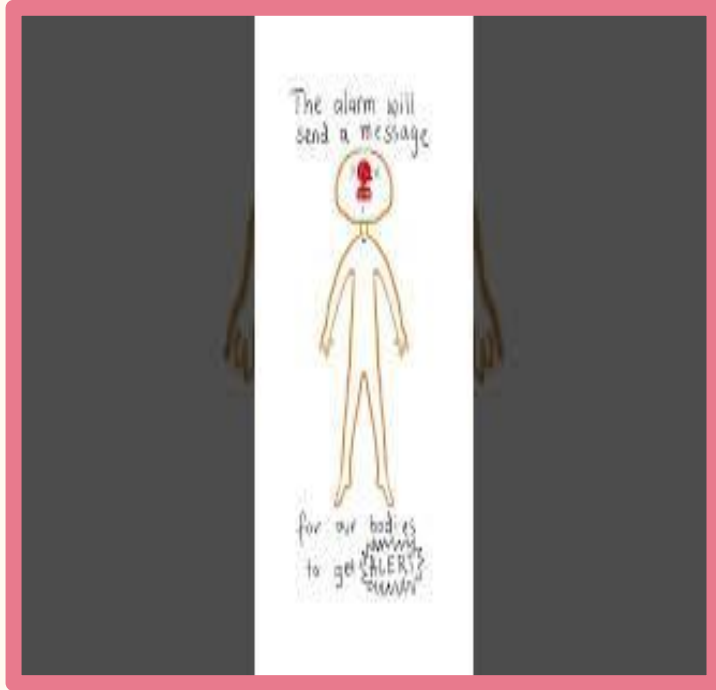
Guardian Extension



Video: Hand Model of the Brain

- **Watch the video to review the hand model of the brain.**
- **Discussion questions**
 - What animal represents the hippocampus, amygdala, and prefrontal cortex?
 - Can you remember what each part of the brain controls?
 - What does flipping your lid mean?
 - When is a time your "lid" may "flip"?

Teacher Extension



- **Watch the video to review the hand model of the brain.**
- **Practice identifying the hippocampus, amygdala, PFC (prefrontal cortex) using the hand model.**
- **Discussion questions**
 - Can you remember what each part of the brain controls?
 - What part of the brain do we want in control to make positive choices at school?
 - Which part of your brain helps you remember this lesson?
 - Which part can help if there's danger, but in other times can make poor decisions?



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