



Welcome to My Brain

Lesson 1: Let's Talk About Brains



**No brain is the same
No brain is the best
Each brain finds
its own special way**

Dr Edward Hallowell



What do you think your brain is like?

noisy

happy

quiet

busy

chatty

calm

fun



What does In the Zone mean?



In the Zone

What does my brain feel like when it's happy/working well?

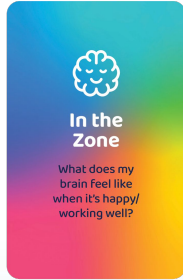
What does Under Strain mean?



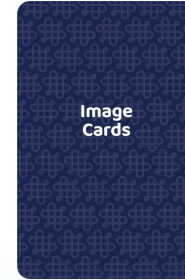
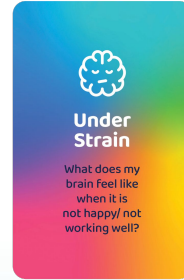
Under Strain

What does my brain feel like when it is not happy/ not working well?

Select your TWO cards and share them with your group like this:



"When I'm In the Zone, my brain feels like THIS card ..."



"When I'm Under Strain, my brain feels like THIS card ..."