

Hello!

It's Mrs Eccles here.

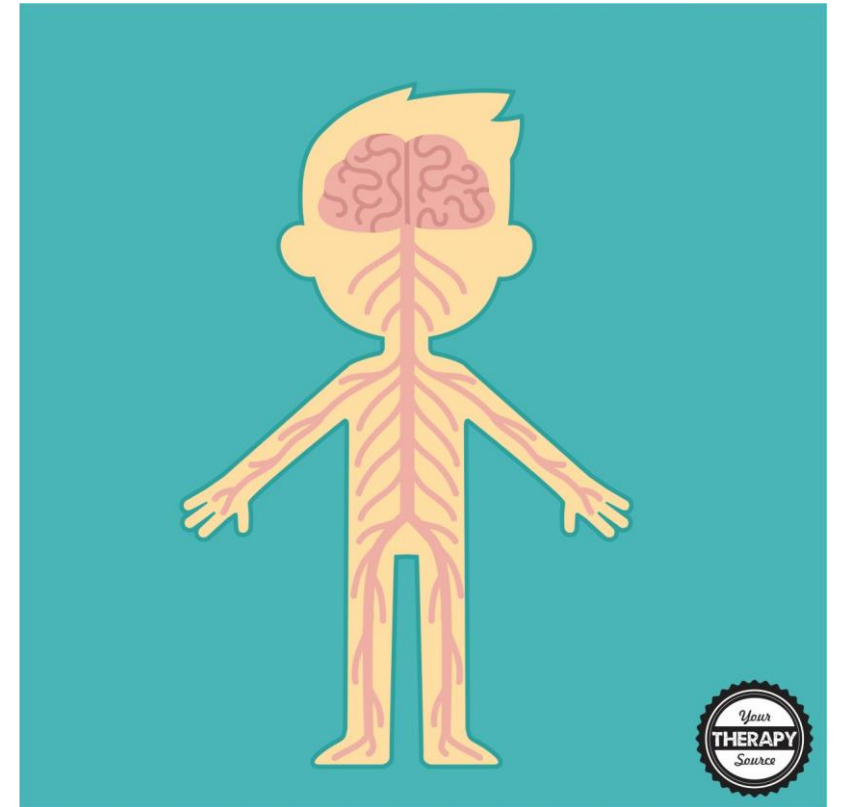


I'd like to introduce you to my friends



Your amazing brain!

- Can you point to your brain?
- What does your brain do?
- Did you know there are lots of different parts of your brain that do different jobs?!



This is where my friends come in to help...

Do you know this animal?



How about this animal?

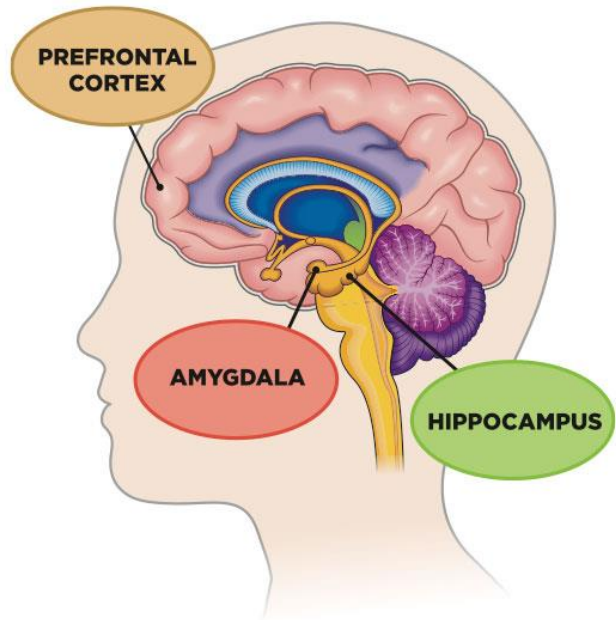


What about this one?





Parts of our brain



Our brains are wonderfully complicated and each part has lots of jobs that work alongside other parts of our brain.

- The amygdala helps us look out for danger.
- The prefrontal cortex helps us to think, learn and make decisions.
- The hippocampus helps with our memory.



We can use the animals to help us understand how the different parts of the brain work

Which animal would you choose to represent the **thinking and learning** part of the brain?



The wise owl.

Which animal would you choose for the part of the brain which **looks out for danger**?

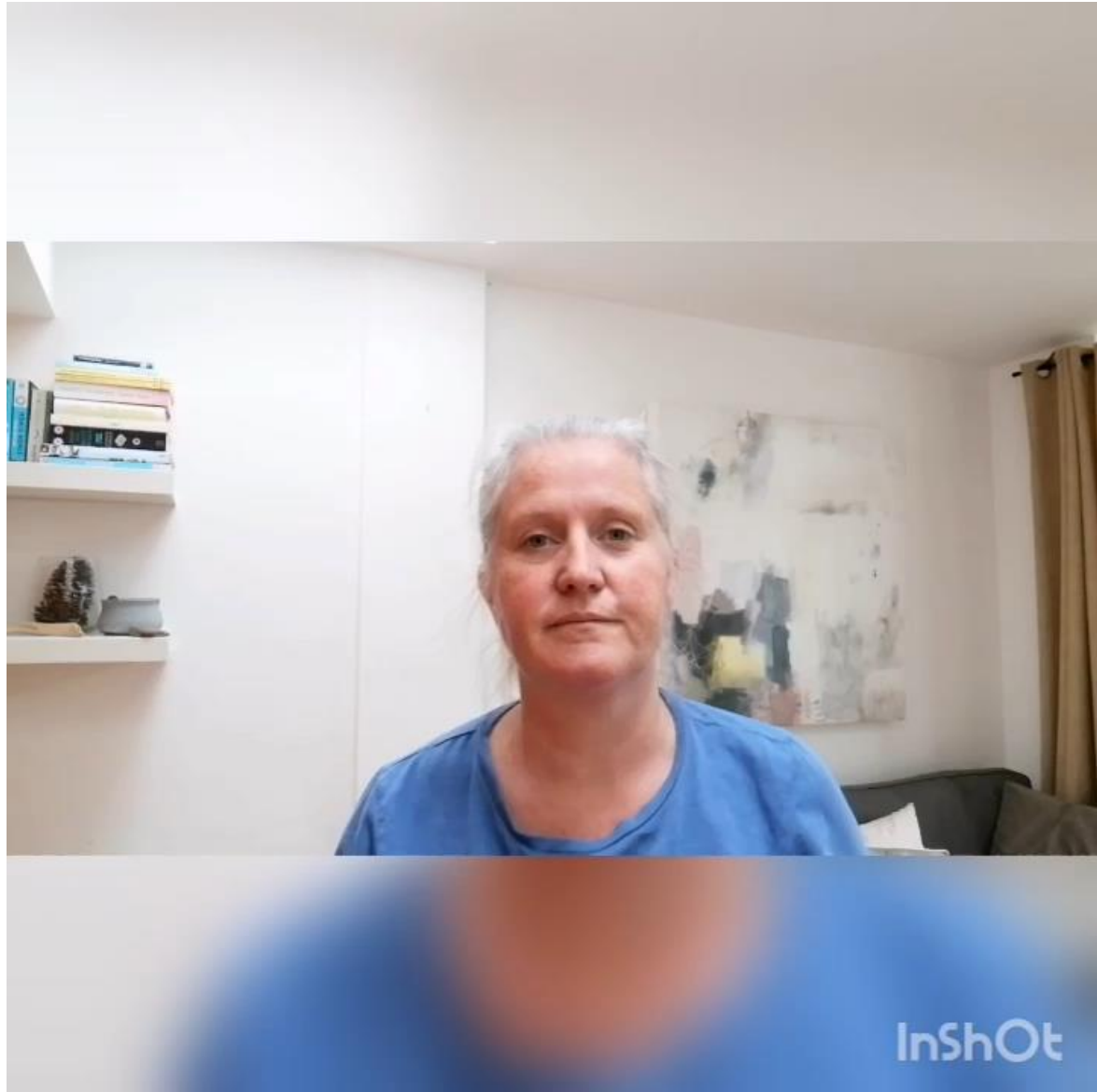


The alert meerkat

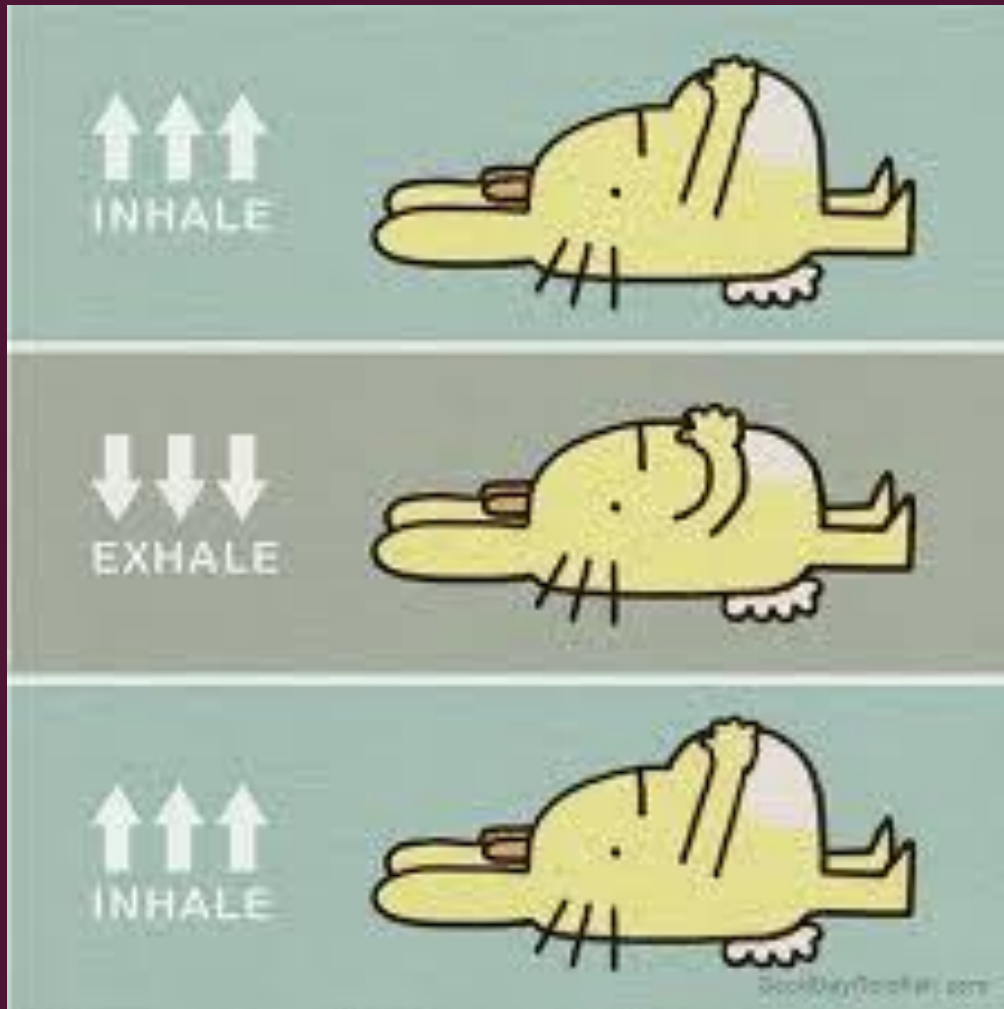
Which animal would you choose to show the **memory** part of the brain?



The elephant never forgets



InShot



- Belly breathing, or diaphragmatic breathing, is a deep breathing technique used to relax the mind and body.
- There is a sheet of muscle between our chest and stomach which moves down to allow our lungs to fill with air
- As we breathe in, our lungs fill up and we feel our belly rise and as we breathe out, we empty our lungs and our belly falls