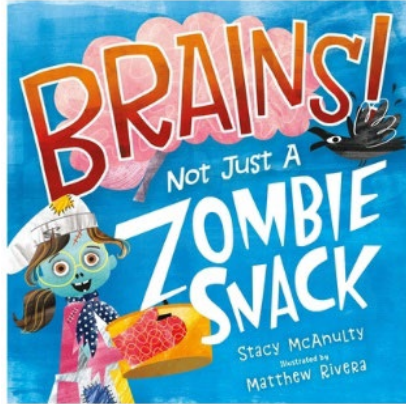


# Brainiacs!

Instructors: Don't forget to make an Achievery account for each student! [Make your account for the Achievery in English](#) or [Make your Account for the Achievery in Spanish](#)

**Objective:** Students will be able to understand how their brains function, change, and grow (including when they challenge themselves to new things).

**Grade Span:** 7-12, with tips and resources for modifying for other grade levels included.

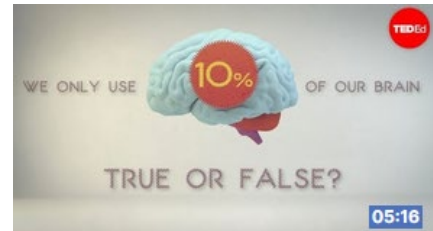


**Subjects:** SEL, ELA, & Science

### Lesson Introduction:

Brains. 78% water, 100% delicious! Introduce the topic with a fun and fact-filled read-aloud of the non-fiction book [Brains! Not Just a Zombie Snack](#)

by Stacy McAnulty. Then play [So You Think You Know Your Braaaain?](#) (a.k.a. Brain Trivia with Stacy McAnulty)

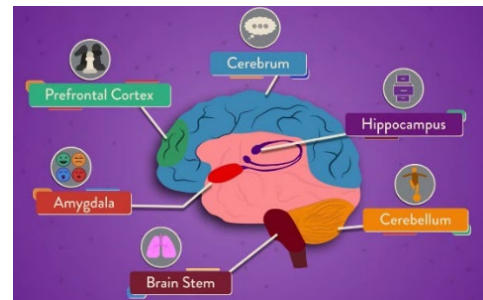


**Lesson:** Use the Achievery Lessons [My Brain and Learning](#) and [You Can Learn Anything](#). Forty years ago, we seemed to know more about the Moon than we did about how our brains work and grow. Not anymore! We're excited to share some discoveries with you. So, how does the brain work and grow?

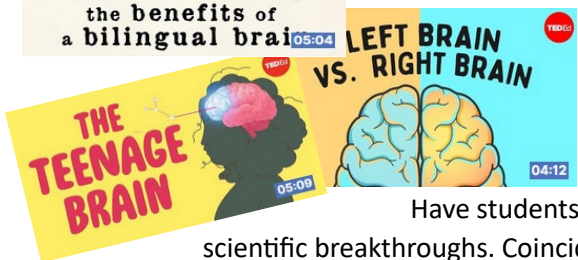
**Additional Resources:** Students get hands-on (and in!) as they make brains, and learn 'What's on Your Mind' with activities from pages 109-123 of the lesson unit [All About the Body](#).



Take students on a [Tour of the Brain](#) and learn how to visualize the structure with the [Hand-Brain Model](#).



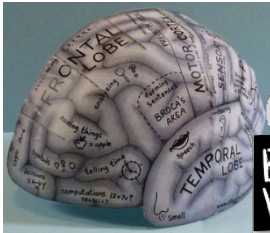
Explore more with Student Portal Resource TEDed's [fantastic set of brain-centric lessons](#) (with incredibly fun animations) all about what goes on in the brain.



Have students watch the results of scientific breakthroughs. Coinciding with the [50<sup>th</sup> anniversary of the first MRI](#), researchers generated scans of a mouse brain that are dramatically crisper



than a typical clinical MRI for humans, the scientific equivalent of going from a pixelated 8-bit graphic to the hyper-realistic detail of a Chuck Close painting.



ELLEN MCHENRY'S  
**BASEMENT  
WORKSHOP**

Students can put on their 'Thinking Caps' a.k.a. Brain Hemisphere Hats with [this activity](#) and then [play 'Ectomy.'](#)

### Cognitive

**Connections:** Explore

The Achievery's [The Value of Mindfulness](#). (Gr 4-5) Today's world can be attention-grabbing, exciting... and distracting! The value of mindfulness—the practice of calming our thoughts and our body—can help us when we are online and off.

Explore [How to Overcome Obstacles](#) (Gr 9-12). Students learn how other people have turned their setbacks into their strengths. Then, apply a strengths lens to their own life and celebrate their strengths.

