



## Wellbeing

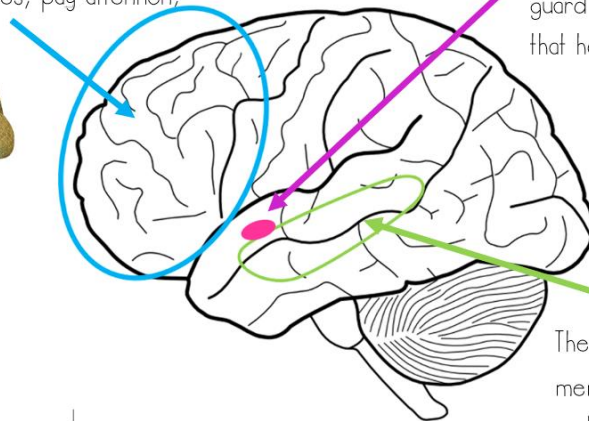
### Our Brains

Last Friday the whole school took part in a Wellbeing session about our brains and how 3 parts of our brain help us to get ready to learn and have positive relationships with our peers.

The school was divided into 20 groups of about 28 students from each year level. Our Year 6 students showed great leadership in delivering a short lesson about our brains and how we can get ready to be a calm and engaged learner. We learned about the **Prefrontal Cortex**; our wise leader, the **Amygdala**; our security guard and the **Hippocampus**, our treasure box where our memories are stored.

Knowing the different parts of the brain and how they work helps us to learn how to manage our emotions and stress. This helps us to make good choices so we can be successful learners and happy, kind people.

The **Prefrontal Cortex** is the part of the brain that helps us to make good choices, pay attention, and learn.



The **Amygdala** is our security guard it is the part of the brain that helps keep us safe.



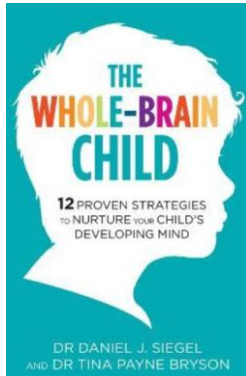
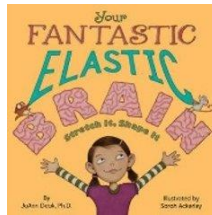
The **Hippocampus** is our memory bank. It helps us to learn and remember.



Talk to your child about what they learned at the session last week. If you would like more information, please see the links below.

## Your Fantastic Elastic Brain

by JoAn Deak, PhD



The Whole-Brain Child by Dr Daniel J Segel

My Brain: What is a Brain? StoryBots: The Human Body for Kids Netflix Jr ([What is a Brain? StoryBots: The Human Body for Kids | Netflix Jr - YouTube](#))

My Mindful Brain: Mind the Bump Mindfulness and how the brain works. ([Mind the Bump Mindfulness and how the brain works - YouTube](#))