



The Brain Changes All the Time (🧠 A Brain Facts Story)
(5th Grade – 10-11 yrs.)
Video: Neuroplasticity at Work



STORY CONNECTION – SLIDE 9 (Approx Time: 15-20 min)

We keep talking about the brain changing. Well, there is a big word that describes how the brain changes – it is called Neuroplasticity. While we know a lot about how the brain works, there is still so much that we do not know about how the brain works. We do know that EVERYTHING that you do changes your brain – it causes neuroplasticity. Everything that you see, hear, feel, taste, and smell changes your brain. Every emotion and movement you make changes your brain. Because everything that you do changes your brain – causing neuroplasticity, this makes your brain different than any other person's brain.

Materials needed:

- Neuron Song- Growth Mindset and Neuroplasticity for Kids- I HAVE A GO Video Link:
 - https://www.youtube.com/watch?v=NzjM1jo_8AU (2:45)
- Chart paper or whiteboard
- Markers
- Tape

Preparation needed:

- Preview video song
- Know/Note where the video references “abilities can be developed with dedication and effort” in case you want replay that portion for student(s).
- Determine student pairs/groups for brainstorming (Facilitators working with an individual student will be paired with the student.)

Instructions:

1. In this activity, student(s) will watch a video that has a catchy song about neuroplasticity. They will then brainstorm activities that were once difficult for them to demonstrate neuroplasticity.

Part I: Video

2. Show the video/song about neuroplasticity. You can show it again if needed.
3. After the video, reference the part that states that abilities can be developed with dedication and effort.
 - This means that they can do things that were once hard for them due to practice, repetition, and finding a strategy that works best for them.
 - Everyone can change their brain because of neuroplasticity, but it will be different for each person.

Part II: Brainstorm

4. With partners or small groups, have student(s) brainstorm a list of activities that were once difficult but became easier with practice.
5. Give student(s) an allotted amount of time to discuss. Student(s) should share and discuss:
 - What made the activity challenging for them or why it might be challenging for someone else?
 - How did the activity become less challenging?
6. When time is over or all groups have finished, ask different groups of student(s) to share their answers with the class.
 - Take all the responses and make a list on a piece of chart paper or whiteboard.
 - Student(s) might say things like reading, gymnastics, writing, playing a video game, etc.
 - It will be a lengthy list!
7. On another piece of chart paper or on the whiteboard, make a list of ways the activities become easier.
 - This list may be much shorter!
 - Practice, practice practice!
8. Keep these lists posted in the classroom/space as a reminder that when they think things are “too hard” they can look and see all the things that are now second nature to them. The lists will serve as a reminder of all the ways neuroplasticity has already worked for them and how it will work repeatedly.
9. In closing, remind the student(s) that neuroplasticity is a big word that describes how the brain changes. Everything they do changes their brain. The more they do certain things, the easier these things become. The easier things become, the less energy the brain and body need to use to do them. This makes both the brain and body happy and healthy.