Year 2

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| **Lesson** | **Key Questions** | **Activities** | **Intended outcomes for these Y6 lessons** |
| 1 | How can I look after my brain? | Share the key question and explain that this lesson will help to understand what we need to do to help our brains.Ask children what they know about the brain and what it does.Explain that the brain is a very important part of our body and without it nothing else in our bodies can function.Ask the children what they think their brain might need to be healthy. List ideas on the board. Introduce the following things as being important for helping our brains. **Food:**our brains need lots of fuel. What you eat can affect concentration and focus as well as how the brain grows and develops. What foods do you think are good for your brain?Our brains need foods that are rich in vitamins and minerals, healthy fats and proteins.**Sleep (Take Notice):**Children need more sleep than adults do. Generally, children ages 3 to 10 need 10 to 12 hours each day. See GHLL Counting Sleep resource at [www.ghll.org.uk](http://www.ghll.org.uk) for more information about sleep.**Stimulating thinking activities (Keep Learning, Take Notice):**People of all ages need to use their brains in lots of different ways to keep them effective. This means trying different activities that involve problem solving, concentration and memory, reading, making plans, being silly and creative and working hard on something.Ask children what sort of activities they like doing that’s good for their brain, eg puzzles, **Physical activities (Be Active):**Exercise and movement are very important; playing sports, running, jumping, Daily Mile etc.Ask children what physical activities they do during their day.**Mindfulness/relaxation/rest (Take Notice):**Sometimes we can get worried about things. Too much of that isn’t good for how we feel in the moment or how our brains change over time. Everyone needs to find ways to quiet and calm their minds.See ‘Focussed for Learning’ resource at [www.ghll.org.uk](http://www.ghll.org.uk) for ideas and more information.Children complete **Resource Sheet 1** drawing/writing the things they can do to keep their brain healthy. They can include the activities they do from the categories discussed above.After completion, children can share what they have included with the class. | **Children will be able to:**Understand what they need in order to keep their brain healthy.How the Five Ways to Wellbeing links to developing a healthy brain.  |
| Additional notes: |