

# Ms. Jen's Brain Book Directions

## Cover

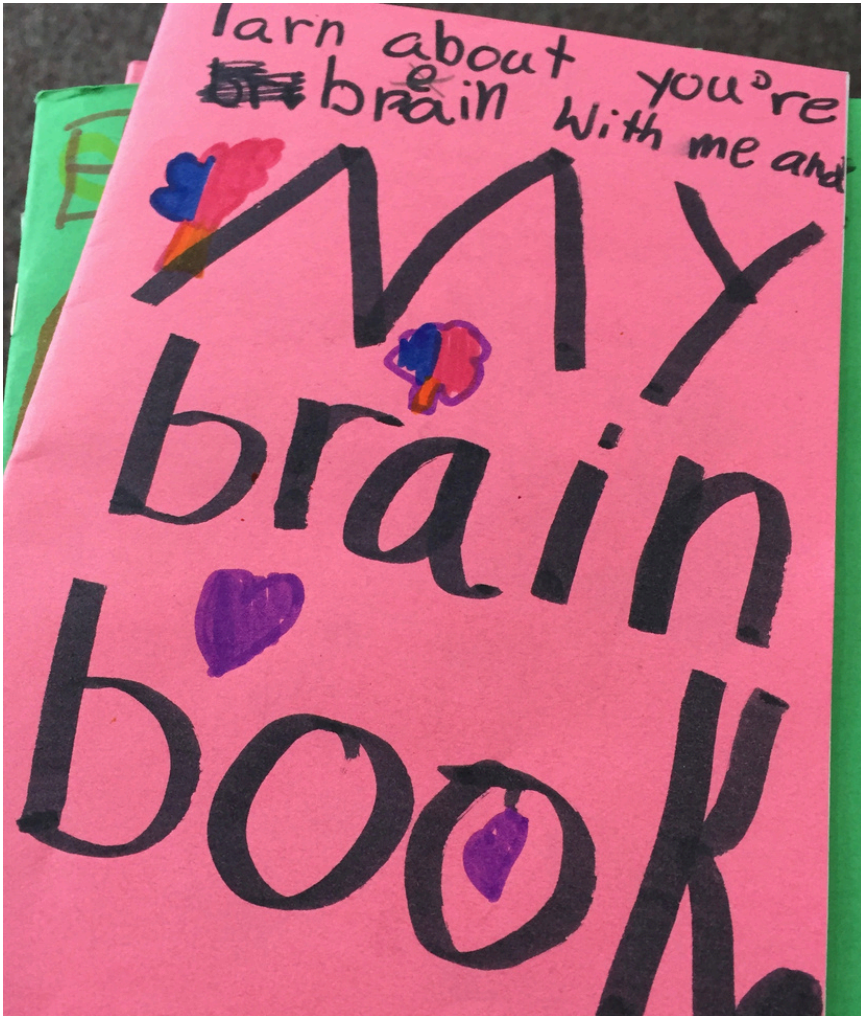
Now or later, you can put the title of your book, a picture, and your name as author on the cover of your brain book! Consider a continuous cover that goes onto the back if you want to. Or, you might include a picture of yourself with a short biography about who you are on the back. Look at nonfiction books from your library for ideas!

## Page 1

Write an introduction to your book. Remind students that the introduction in nonfiction texts can be a powerful way to hook the reader into feeling curious and excited to continue reading. (*Importantly, it works best for learners to complete this page last instead of first.*)

## Pages 2-3

Include a picture of the brain and label the amygdala, hippocampus, and prefrontal cortex. Do this by cutting out the brain worksheet page from the MindUp curriculum. Or, draw your own. Next, explain the job of each brain part listed in your own words. Remember that each structure is important, works with other parts of the brain, and can be helpful to humans at different times.



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## Pages 4-5

Write about a memory in your hippocampus. Be sure to include several sentences. Also, draw a picture that goes with your words. Don't forget that our memories are an important part of who we are.

## Pages 6-7

Think about what mindfulness is and write down its definition in your own words. Next, write about a time you were not mindful. Then, write and draw about a time you were mindful. Keep in mind that you can be mindful more often with practice.

## Pages 8-9

After a time of mindfulness practice, draw a line to show how you felt before, during, and after the experience. Use colors and lines. Also, add words if you want to. Consider how you can use belly breathing or other techniques to help yourself be mindful anywhere, anytime.

## Pages 10-11

Now, write about a problem you've had. Share an example of pessimistic thinking and optimistic thinking that might go with that problem. I can help you with the pessimistic example if you need it. What power we have to change pessimistic thoughts into optimistic ones that are still both true and helpful!

## Pages 12-13

Describe a problem you sometimes have with someone else that may give you big feelings. After that, list three ways you can help make those big feelings smaller. Then, write an I-message that might help you try to solve the problem. Know that being mindful and being assertive can go together. That's because being able to stand up for others and ourselves is important!

## Page 14

Now it's time to write a conclusion for your book. Please think about what you would like to say to the reader now that they've read the entire thing. Also go back to page one to complete your introduction. Best of all, when you're completely finished, share your book with others because they will learn from reading what you wrote!

