



MEET YOUR BRAIN

Activity Guide 3

Brain Hat

ACTIVITY 3: Brain Hat

Learning objective:

- ▶ To help your child to understand their incredible brains and to build an awareness that their brain is in their heads.
- ▶ To practise a mindful dot to dot exercise while talking about how our brain helps us.

Learning approach:

Start by explaining that we are going to be making a special brain hat today and that we will be learning more about how our brain works.

Using the printable template provided we are going to start making the hat. (The hat is simple to make, being made up of a headband, with a picture of the brain attached to each side)

Start by explaining that the first thing we need to do is to join up the dots on our brains. Explain that these squiggly lines represent the messages that our brains send to our body to help us to almost everything that we do, including sleeping, playing, eating, etc..

Explain that when we practise and do things over and over again these lines get stronger and stronger and our brain gets bigger and bigger.

Allow your child to do this in different colours and really enjoy the process of joining the lines together.

As they are doing this here are some open questions that you can ask to further embed the knowledge:

- ▶ What messages does your brain send your body when you are eating? E.g. pick up the food, put it in your mouth etc.
- ▶ What messages does your brain send your body when you are colouring? E.g. pick up a coloured pencil, move it towards the paper etc.
- ▶ What messages does your brain send your body when you are getting dressed? E.g. pick up your t-shirt, put it over your head etc.

Your child may need prompting a little here but the key is that they start to see just how much their brain helps them each and every day.

Once they have finished the dot to dot exercise and the conversations, it's time to make the hat.

Measure your child's head to ensure the band is the right size for their hat.

After making the band, use the glue to attach their hat to the band and then leave it to dry.

When they are wearing their hat, it's a great opportunity to keep reminding them that their brain is right there helping them with every activity that they do.

Resources needed:

- ▶ Template for band
- ▶ Pencils and colours
- ▶ Template for brains
- ▶ Glue or double-sided tape

Top tips:

- ▶ This activity may be easiest in small groups, so you can really have a conversation with the children as you are making.
- ▶ As the children are completing the dot to dot exercise, the more you talk to them about how their brains help them, the better.
- ▶ Once the brain hat is finished, why not display it somewhere so that your child is conscious of how their brain is there to be used with lots of different activities.
- ▶ The more colourful you make the hats, the better. Let your child really unleash their creativity here.

We'd love to see photos of the activities in action! Why not share your pictures at:



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