

TAKE A CLOSER LOOK AT YOUR BRAIN!

HOW MANY BRAINS DO YOU HAVE? ONE OR TWO?

DID YOU KNOW YOUR BRAIN IS SPLIT IN TWO?



WE CALL THEM HEMISPHERES,
INSIDE OUR RIGHT & LEFT
HEMISPHERES ARE DIFFERENT
REGIONS THAT ALLOW US TO
DO DIFFERENT THINGS!

DID YOU KNOW?
YOUR LEFT HEMISPHERE
CONTROLS YOUR RIGHT SIDE
AND YOUR
RIGHT HEMISPHERE CONTROLS
YOUR LEFT SIDE?

USE THE BRAIN HAT
TO LEARN WHICH
SIDE AND WHICH
REGIONS CONTROL
DIFFERENT THINGS!



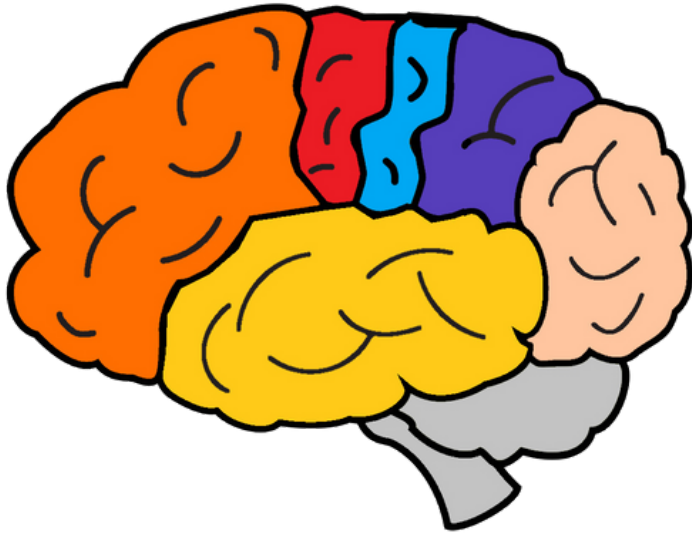
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WHAT DOES WHAT?

LEARN WHICH REGION CONTROLS
WHAT, NOW YOU CAN COLOUR
THEM IN ON YOUR
BRAIN HAT.



KNOWS WHERE YOUR BODY IS
IN 3D SPACE, UNDERSTANDING
DIMENSIONS

BALANCE & MUSCLE MEMORY

LEFT | RIGHT

TELLING THE
TIME, NAMING
THINGS &
LOGIC

MUSIC, ART,
CREATIVITY,
STORIES AND
EUREKA IDEAS!

MOVES THE
RIGHT SIDE
OF YOUR
BODY

MOVES THE
LEFT SIDE
OF YOUR
BODY

RIGHT
LEG, HIP, TRUNK,
ARM, ELBOW,
HAND & FINGERS

LEFT
LEG, HIP, TRUNK,
ARM, ELBOW,
HAND & FINGERS

SMELL, SPEECH,
HEARING &
UNDERSTANDING
SENTENCES

RHYTHM &
INTERPRETING
FACIAL
EXPRESSIONS

CONTROLS
YOUR RIGHT
EYE

CONTROLS
YOUR LEFT
EYE



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WHAT IS MY BRAIN DOING?

WHEN YOU ARE CREATING YOUR BRAIN HAT WHAT PART OF YOUR BRAIN ARE YOU USING?



WHEN YOU ARE READING THE BRAIN FACTS WHAT PART OF YOUR BRAIN ARE YOU USING?

HAVE A THINK ABOUT WHAT REGIONS YOU USE TO DO YOUR FAVOURITE THINGS?

YOUR BRAIN IS A HIVE OF ACTIVITY AND EVERYTHING YOU DO WITH YOUR BODY, IS INSTRUCTED BY YOUR BRAIN. IT IS REALLY IMPORTANT TO TAKE GOOD CARE OF IT, SO YOU CAN CONTINUE TO DO LOTS OF FUN AND EXCITING THINGS THROUGHOUT YOUR LIFETIME!

WHAT CAN YOU DO TO LOOK AFTER YOUR BRAIN?



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TOP TIPS TO KEEP YOUR BRAIN HEALTHY

EAT HEALTHY FOODS: A BALANCED DIET WITH PLENTY OF FRUITS, VEGETABLES, WHOLE GRAINS & PROTEIN CAN HELP KEEP YOUR BRAIN HEALTHY.

EXERCISE REGULARLY: HELPS IMPROVE BLOOD FLOW TO THE BRAIN & CAN HELP IMPROVE MEMORY & CONCENTRATION.

READ AND LEARN NEW THINGS: READING AND LEARNING NEW THINGS CAN HELP KEEP YOUR BRAIN ACTIVE AND ENGAGED.

LIMIT SCREEN TIME: TOO MUCH CAN BE HARMFUL TO YOUR BRAIN, IT'S IMPORTANT TO LIMIT THE AMOUNT OF TIME SPENT IN FRONT OF SCREENS.

GET ENOUGH SLEEP: THIS IS VERY IMPORTANT FOR YOUR YOUR BRAIN TO FUNCTION PROPERLY. AIM FOR LEAST 9-11 HOURS OF SLEEP EACH NIGHT. YOU CAN SEE HOW MUCH SLEEP YOU GET COMPARED TO OTHERS HERE TODAY BY ANSWERING OUR SLEEP SURVEY!

PLAY GAMES AND DO PUZZLES: THIS HELPS IMPROVE MEMORY, PROBLEM-SOLVING SKILLS, AND CONCENTRATION. DID YOU TEST YOUR BRAIN AT THE SOCK CHALLENGE?



FUN BRAIN FACTS

YOUR BRAIN IS FORMED IN THE WOMB AND AS YOU GROW, IT GROWS TOO & DIFFERENT REGIONS START TO FORM.

USE OUR BRAIN STATION TO LOOK & FEEL HOW YOUR BRAIN GROWS & CHANGES FROM A BABY, TO A TEENAGER, THEN AN ADULT AND ONTO OLD AGE.



A NEW BORN BABY BRAIN IS 400 GRAMS BY AGE 5 YOUR BRAIN IS 90% OF ITS FULL SIZE. BUT CONTINUES TO DEVELOP UNTIL YOUR EARLY 20'S. THE AVERAGE ADULT BRAIN = 1400 GRAMS BUT AS YOU GET OLDER YOUR BRAIN SHRINKS!

DO YOU KNOW WHO'S BRAIN IS HEAVIER?

GRANNY
OR A
GORILLA?

DAD
OR
DOLPHIN?

A GIRAFFE
OR
A HIPPO?



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MAKE YOUR OWN BRAIN HAT

1

AS YOU LEARN ABOUT YOUR BRAIN REGIONS - CAREFULLY COLOUR THEM!

2

WHEN YOU ARE FINISHED COLOURING, CAREFULLY CUT OUT BOTH HEMISPHERES.

3

THEN CAREFULLY CUT ALONG THE SOLID "V" LINES. DON'T SNIP THE DASHED LINES!

4

THEN PULL THE "FLAPS" YOU HAVE CREATED OVER TO THE DASHED LINES
& SECURE WITH TAPE ON THE INSIDE.

5

AFTER YOU HAVE PULLED ALL THE FLAPS OVER,
IT SHOULD LOOK LIKE A ONE HALF OF YOUR BRAIN - WHAT IS THAT CALLED AGAIN?

6

JOIN YOUR TWO HEMISPHERES BY TURNING IT OVER & WORKING ALONG THE INSIDE SEAM.
CAN YOU REMEMBER WHAT CONNECTS YOUR TWO HEMISPHERES?

7

STARTING AT ONE END, MATCH THE SIDES & SECURE WITH TAPE.
WORKING YOUR WAY ALONG THE INSIDE, MATCH & TAPE EACH LITTLE SECTION AS YOU GO.

8

WHEN YOU GET TO THE LAST PART, YOUR BRAIN HAT WILL BE TAKING ITS FINAL SHAPE.

OPTIONAL - IF YOU WOULD LIKE TO ADD A CEREBELLUM,
CUT IT OUT AND TAPE TO THE INSIDE, AT THE BACK OF YOUR BRAIN HAT.

TAKING A SELFIE? TAG US!



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