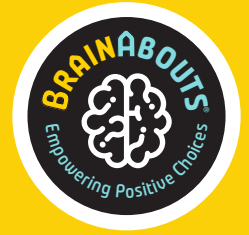


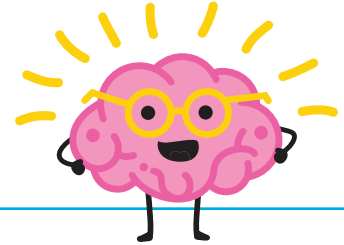
About the Brain - Level 1

Activity Handout



Video Viewing Guide

Do Now: Write 1-2 sentences in the box below in response to the question-
Describe all of the important things you think our brain helps us do.

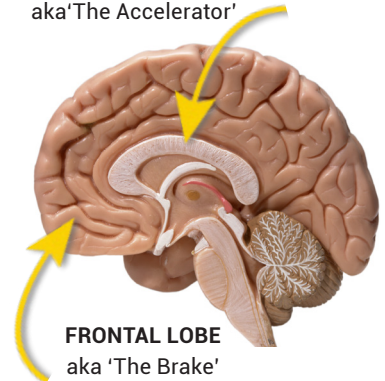


Fill in the blank -

Dr. Laurence Steinberg says, "Kids have a well-developed accelerator--you know,

the _____ but only a partly
developed _____."

LIMBIC SYSTEM
aka 'The Accelerator'



FRONTAL LOBE
aka 'The Brake'

Complete the sentence: The "brakes" of our brain help us... _____

Stop and Think...

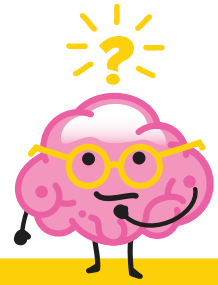
CFU #1 - In the box below, describe a time when your brain wanted to turn on your accelerator (gas pedal):

Stop and Think...

CFU #2 - In the box below, complete the sentence - It's important to use the "brakes" in your brain because...

Write About It Prompt

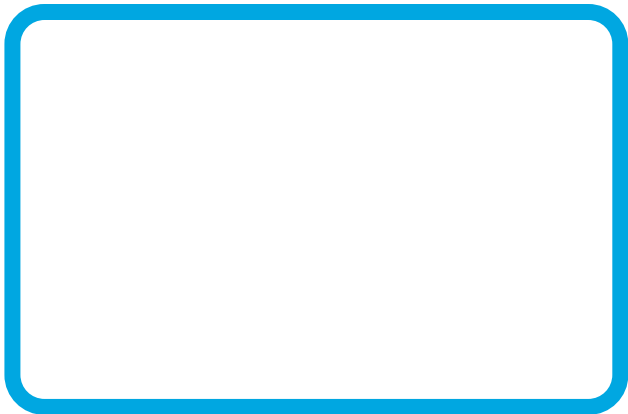
Directions: Write 5-10 sentences in response to the following question.
Use the box at the bottom to draw out your thoughts.



Write about a time that your brain wanted to turn on the accelerator (gas pedal), but your frontal lobe turned on the brakes instead.

Activity #1 - Independent Practice

Directions: Create a comic strip that shows a character using their frontal lobe (brakes) when their limbic system wanted to turn on their accelerator (gas pedal).



1.



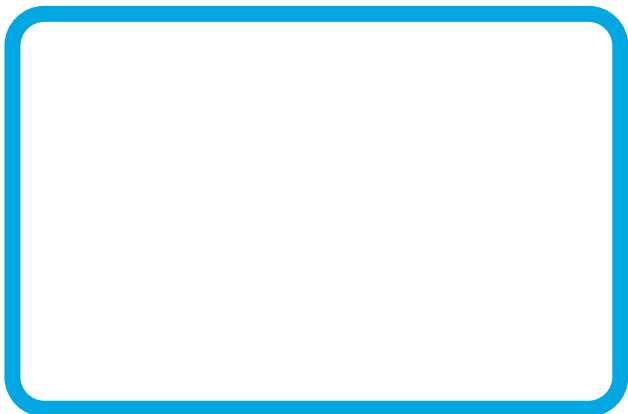
2.



3.



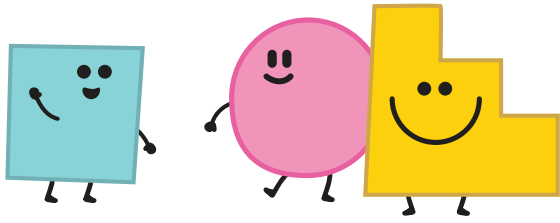
4.



5.



6.

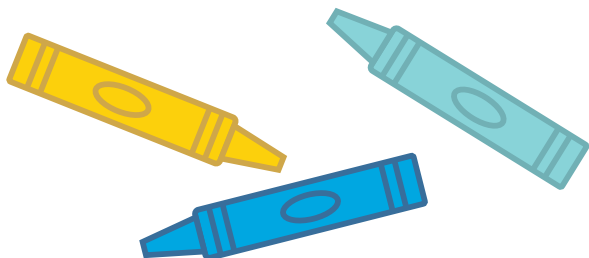


Activity #2 - Group Activity

Directions: Act it Out - In your group, come up with a short play (2-3 minutes) that demonstrates someone using their frontal lobe (brakes) when their limbic system wanted to turn on their accelerator (gas pedal). Every person in the group must have a role, and you must use the words **"accelerator," "limbic system," "brakes,"** and **"frontal lobe"** in your play.

Activity #3 - Extended Learning

Directions: On separate pieces of paper, illustrate 3 scenarios and write a brief description for each one, showing how someone does or does not use their frontal lobe, and the consequences for that choice (positive or negative). You must use the terms **"accelerator," "limbic system," "brakes,"** and **"frontal lobe"** in the descriptions of your illustrations.



Brain Quiz

1. **True or False:** The accelerator is always bad.
2. Another word for the accelerator is _____.
 - A. Brain
 - B. Frontal Lobe
 - C. Gas Pedal
 - D. Brake
3. The "brakes" of your brain are located in your _____.
 - A. Accelerator
 - B. Frontal Lobe
 - C. Limbic System
 - D. Gas Pedal
4. What does your Frontal Lobe help you do?
 - A. Stop and think
 - B. Make good decisions
 - C. Solve problems
 - D. All of the Above
5. To grow your ability to use your Frontal Lobe's brakes, you need to _____.
 - A. Practice
 - B. Use It or Lose It
 - C. Use your Accelerator
 - D. Both A and B

