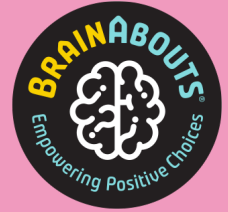


Critical Thinking - Pre-K to 2nd Family Resource



What is BrainAbouts?

BrainAbouts is a prevention and early intervention ecosystem that empowers young people to make positive choices, supports parents, and helps school staff overcome implementation obstacles with brain-based programming.

Learning about Critical Thinking- Students learned that...

1. Critical thinking is about using your frontal lobe, the thinking part of your brain, to solve problems or make your own decisions.
2. The four steps to critical thinking are 1) calm your emotions, 2) ask the right questions, 3) gather clues, and 4) test possible solutions.
3. Our amygdala sets off an alarm of emotions in our brain. We can use deep breathing to calm our emotions and think critically.



Family Connection

1. Describe a time when you felt overwhelmed and your emotions took over, making it hard to think clearly.
2. Describe a situation where you encountered a problem and used critical thinking to find a solution.
3. Sing the "Critical Thinking" together, and let your child teach you the tune!

Critical Thinking Song

