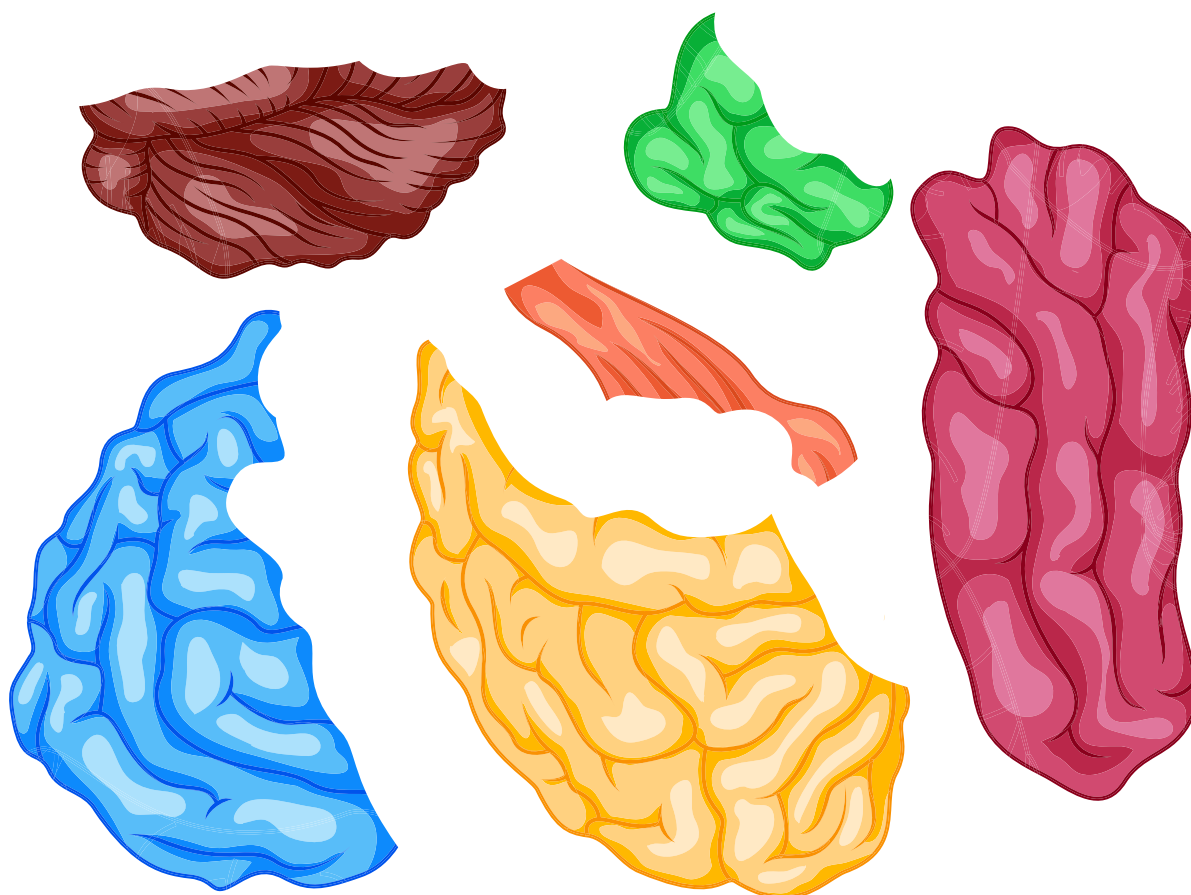


Brain puzzle pieces

ITEMS REQUIRED A set of the brain-coloured puzzle pieces for each pair/small group

BRAIN PUZZLE INSTRUCTIONS Put the coloured brain section pieces together to form the correct image of the human brain.



Orange

The brain stem is located between the spinal cord and the rest of the brain. Basic functions such as breathing, and sleep are controlled here.

Blue

The parietal lobes manage sensation, handwriting and body position.

Green

The occipital lobes contain the brain's visual processing system.

Brown

The cerebellum is at the base and the back of the brain. The cerebellum is responsible for coordination and balance.

Pink

The temporal lobes are involved with memory and hearing.

Yellow

The frontal lobes are responsible for problem solving and judgment and motor function.

Ref: FLASH Families Learning About Self-harm Group Facilitator Programme Manual
Jeannie Gordon & Debbi Barnes Revised edition (2017)



Large brain unlabelled for wall

Brain labels

Make these larger and use the same colours as the puzzle pieces. It makes it much easier to deliver!

Frontal Lobe

The ability to control emotions and impulses is predominately housed here. Thinking, reasoning (analysis), judgement (decisions) and evaluation (assessment), behaviour (and personality), (short term) memory, speaking and large movements.

Parietal Lobe

Helps us know left from right, sensation (including sense of touch and pain), reading, understanding spatial (three dimensional) and visual perception (awareness) and relationships.

The Brainstem

Breathing, heart rate, body temperature, wake and sleep cycles, digestion, sneezing, coughing, vomiting, and swallowing. Without brainstem activity human life is considered to be ended. The brainstem is also known as the reptilian brain.

Temporal Lobe

Understanding language, behaviour, long term memory, hearing, cognition (reasoning) and comprehension (understanding).

The Cerebellum

Coordinates fine muscle control and helps maintain posture, and balance.

Occipital Lobe

Interprets vision (colour, light, movement).

Not included in the brain puzzle. But include

The Amygdala is located deep within the temporal lobes. It triggers our 'fight or flight or freeze' responses; and produces sudden strong emotions – happy, angry, fear. This area is associated with high levels of emotional arousal and reactionary decision-making. Our 'gut instinct'.

Ref: FLASH Families Learning About Self-harm Group Facilitator Programme Manual
Jeannie Gordon & Debbi Barnes Revised edition (2017)

3D Brain for modelling activity



Right hand side of the brain

Both show **Brain stem (pink)** - **Cerebellum (lime greeny)** - **Occipital lobe (light green)**
Parietal lobe (blue) - **Temporal Lobe (caramel)** - **Frontal Lobe (red)**

3D Brain for modelling activity



Left hand side of the brain

Both show **Brain stem (pink)** - **Cerebellum (lime greeny)** - **Occipital lobe (light green)**
Parietal lobe (blue) - **Temporal Lobe (caramel)** - **Frontal Lobe (red)**

3D Brain for modelling activity



Front of the Brain

(frontal lobe facing, temporal lobes, brain stem and cerebellum showing)

3D Brain for modelling activity



Rear view of the Brain

(Brainstem, cerebellum, occipital lobe and parietal lobe showing)

Ref : www.turbosquid.com/3d-models/3d-human-brain-model-1196562

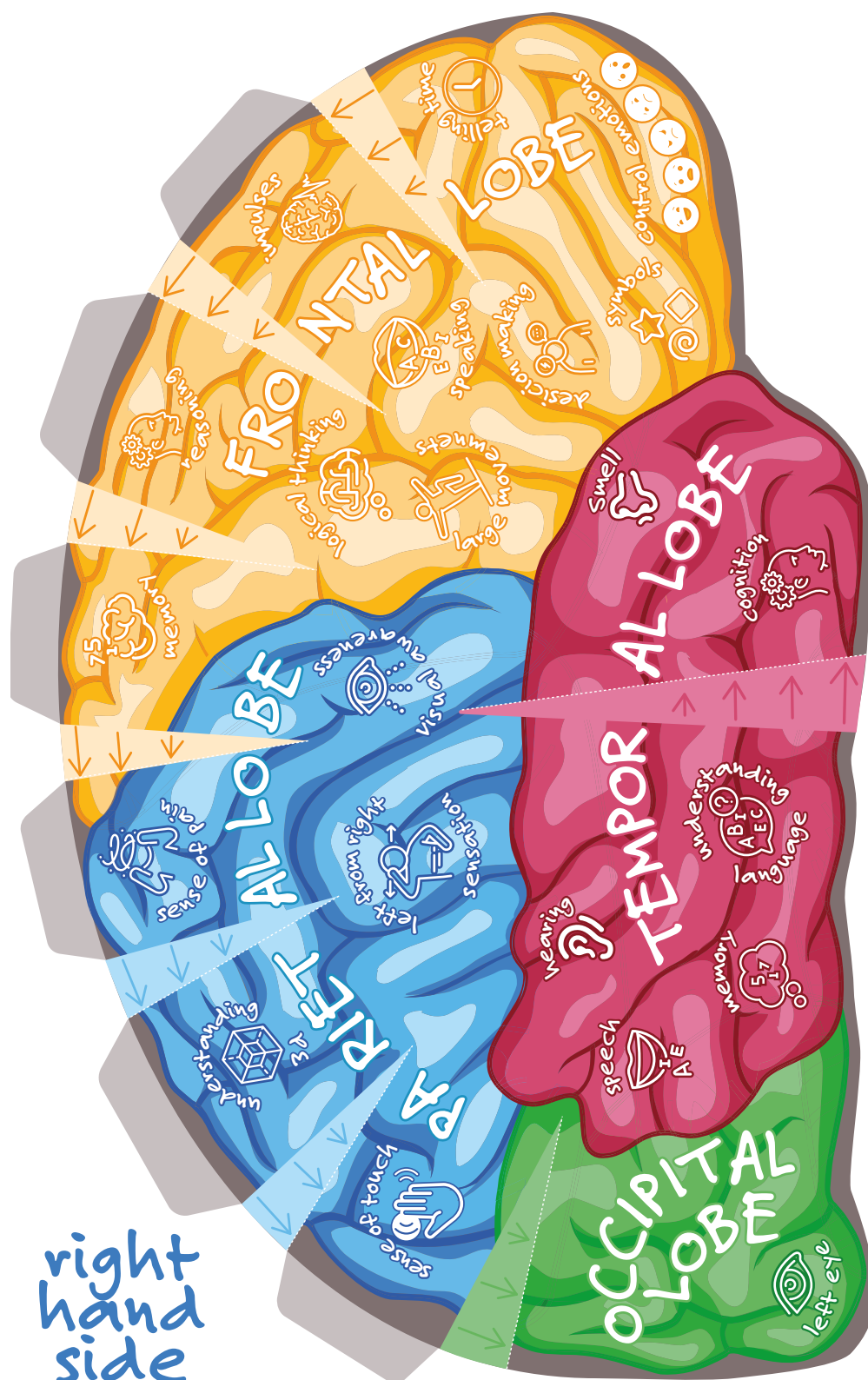


The Brain Hat

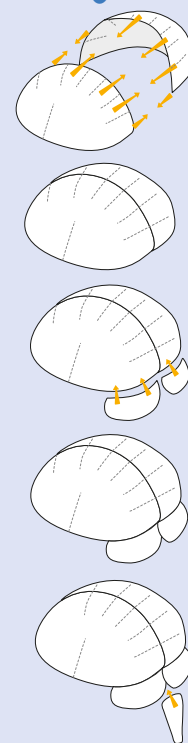
This activity can be used as a lunchtime activity - or include it in your brain delivery. However, the young people may not listen as well. As with the modelling activity, they will be concentrating on making their hat.



The Brain Hat



how to put
it together



FACILITATORS NOTE: The sizes can be adjusted depending on the headsizes of the participants. A print on A3 paper should be adequate for a larger head sizes.