

# HomeTalk

thoughtful conversations for families and schools

Let's talk about...

# The Brain

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image by geralt via pixabay

**Note to parents/carers and teachers**

This pack contains links to external websites. Whilst we take every care to make sure these are suitable, you may want to check the content before showing them to children.



To get HomeTalk emailed every week  
message [bobhouse@dialogueworks.co.uk](mailto:bobhouse@dialogueworks.co.uk)

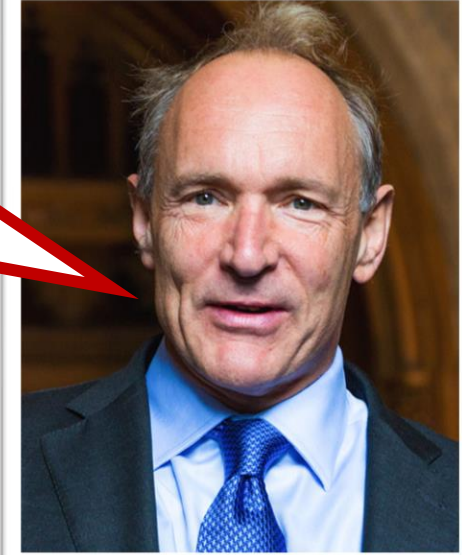
# Quotes about the brain



**Dr Maria Montessori**  
physician and educator

Children develop  
their brains as well  
as their bodies  
through movement.

All that we know,  
all that we are,  
comes from the  
way our neurons  
are connected.



**Tim Berners-Lee**  
computer scientist

Play is our brain's  
favourite way of  
learning.



**Diane Ackerman**  
writer

Maria Montessori quote from <https://montessori150.org/maria-montessori/montessori-quotes/15-january-2021>  
Diane Ackerman quote from <http://365quotes.in/play-is-our-brains-favorite-way-of-learning-diane-ackerman/>  
Tim Berners-Lee quote from <https://faculty.washington.edu/chudler/quotes.html>  
Maria Montessori photo: Unknown author, Public domain, via Wikimedia Commons  
Diane Ackerman photo: Liz Butler, CC BY-SA 4.0, via Wikimedia Commons  
Tim Berners-Lee photo: Paul Clarke, CC BY-SA 4.0, via Wikimedia Commons

# Thinking about the brain

## Caring thinking

How can we look after our brains?  
Do our brains feel things?

## Collaborative thinking

Can many minds make light work?  
Can we connect our brains?



## Creative thinking

How do we use our brains when we build? Or play? Or make?


## Critical thinking

How does your brain decide what to notice and what to ignore?

How can you make your brain stronger?




Think **AHEAD**



**DIVIDE**

What does your brain do that could be different from other people?

What is the first thing you can remember from when you were younger?



Think **BACK**




**LISTEN/LOOK**

What can you see and hear that tells you your brain is working?



**CONNECT**



**ZOOM (in/out)**

Can you think about only one thing?

What parts of your body does your brain connect?

What would it be like if you could remember everything you thought?

# Discussion suggestions (age 3 - 5)

## Stimulus



<https://youtu.be/d3s6j8FDhx0>

## Our Brain: Fun Facts

## Talking Points

- How do we know that our brains are working when we are asleep?
- What can you find that weighs the same as your brain?
- What makes you laugh?

## Activities

- Play 'Spot the Difference' to train your brain.
- Play a memory card game to train your brain.
- Learn to play the game 'I Spy with my Little Eye'.
- Make an obstacle course in your house or garden.

# Discussion suggestions (age 6 - 9)

## Stimulus



<https://youtu.be/eVhWwciaqOE>

## The Brain Explained

## Talking Points

- What things make your brain fight, flight or freeze?
- Do you think the things that make us scared have changed as humans have developed over time?
- Does our brain know it is doing these things?

## Activities

- Learn about why different colours make us feel differently.
- Find out foods you can eat that keep your brain healthy.
- Learn more about your brain here <https://youtu.be/1aCYsYSM1MA>

# Discussion suggestions (age 10+)

## Stimulus



<https://youtu.be/12pbrkcfRDI>

## Look After Your Brain

It's just like the rest of the body – it needs your help to stay healthy.

## Talking Points

- Why do you think sleep is so important for your brain?
- What kind of foods do you think would be healthy for your brain?
- What other things could you do to look after your brain?

## Activities

- Learning something new can change the structure of the brain in just seven days. Try learning a new skill like juggling, or playing a musical instrument.
- Watch *The Brain Dictionary*.  
<https://youtu.be/k61nJkx5aDQ>

[➤ More about HomeTalk, including previous editions](#)

[➤ Parent Talk Moves – tips for great conversations with your children](#)

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# Training opportunities for teachers, support staff and parents

## **P4C Plus Foundation course** (12hrs)

*Teaching that puts more thinking into learning*

- Introduces you to **P4C Plus** and builds your skills over the first year of practice
- Equips you with a range of skills to use in P4C inquiries and throughout the curriculum
- Includes premium resources and teacher guide

## **Thinking Moves A – Z course** (6hrs)

*Making metacognition simple across the curriculum*

- Shows you how **Thinking Moves** can enhance thinking in any subject, as well as in P4C inquiries
- Gives you practical guidance on how to embed Thinking Moves into learning
- Includes premium resources and handbook

Both courses available online or face-to-face, for individuals or whole-school teams

See <https://dialogueworks.co.uk/training/> for upcoming courses

Contact [enquiries@dialogueworks.co.uk](mailto:enquiries@dialogueworks.co.uk) for bookings or more information