

Things I Like to Think About

Goal: Increase awareness of the brain, thoughts and things you like to think about. Represent the abstract concept of thoughts/thinking in a more concrete way. Compare this with others in your group or family.



- 1.) Gather materials: Clear storage bag and photographs, illustrations, drawings and/or items you like to think about.
- 2.) Show bag to child/students. Share your examples.
- 3.) Each student makes own bag.
- 4.) Lay bags on floor together. If teaching virtually, compare bags on screen. Discuss: What do you like to think about? What about peers? Do we think about the same things? Different things?
- 5.) Bring back bags for future lessons. Talk about how thoughts can change. Take some pictures/items out, put others in. This helps to teach the dynamic nature of how our brains manage many thoughts over time.