

Take Action Activity #3



Brainy Book Exchange

Objective

This Curious Brain Activity was created for Girl Scouts of all levels. Take action in your community to share knowledge about the brain for others to explore.

Materials

Brainy Books & Board Games Example Sheet
Google Search
Local Public Library
School Library

Say

1. To build brain-healthy communities, we must gather with our neighbors and friends and invest in the well-being of one another's brains.
2. One way to get started is by spreading the word about our brains and helping people get educated about all the amazing things they help us do.
3. Let's review this list of books to see if any sound familiar. If they don't, we can challenge ourselves to check them out and then share about them with family and friends.
4. We can also add to this list so that we have an ever-growing collection of helpful resources to share with others about the brain.
5. Remember, the library can be a great place to start!

Do

1. Distribute the Brainy Books & Games Example Sheet and read out loud the name of each book and description. Can go around the room and ask older girls to read.
2. Ask girls if anyone has ever heard of any of these titles. Sorted by Elementary, Middle & High School
3. Challenge each girl to add to the list. Can you think of any other books about the brain that you could add?
4. Become a brainy book researcher: Use google, your school or local public library and find 3-5 additional books or games about the brain that you would want to add to the list.
5. Write down the titles and a brief 2-3 sentence description of what the book/game is about in your own words. Remember to write down the author also if it is a book!
6. Think about your community. Why is this book important to share and include in your Brain Book Exchange?
7. Create your own Brainy Book & Board Game Exchange within your troop. Share your lists with each other.
8. Take FURTHER ACTION and SHARE YOUR WORK! Ask your friends and families to be co-stewards and help to spread the word!
9. Recruit help for keeping the Brain Book Exchange Example List stocked with good books and games to keep the ideas fresh and flowing!

Reflect

- When were moments that this curious brain activity introduced you to a new topic, idea or information? How did this help you build a better brain?
- This activity encouraged you to research and explore brain books or games that already exist. How could you create or write your own brain book?

BRAINY BOOKS & BOARD GAMES



ELEMENTARY

My First Book About the Brain

Patricia J. Wynne & Donald M. Silver

Winner of a Bronze 2014 Moonbeam Children's Book Award!

Discover the workings of the body's most complex organ! How does the brain control the rest of the body? How does it enable the senses to function, regulate speech, affect balance, and influence sleep and dreams? These 25 illustrations to color explain every aspect of the brain's important jobs, from communicating with the central nervous system to retaining memories. Suitable for ages 8–12.

Your Fantastic Elastic Brain: Stretch It, Shape It

(Younger Kids) *JoAnn Deak, PhD*

Did you know you can stretch and grow your own brain? Or that making mistakes is one of the best ways your brain learns? Awarded as one of the best growth mindset books for kids, *Your Fantastic Elastic Brain: Stretch It, Shape It* teaches all the ways that the brain can develop with exercise, just like the rest of our bodies. Educator and psychologist Dr. JoAnn Deak offers a fun and engaging introduction to the anatomy and functions of the brain that will empower each young reader to S-T-R-E-T-C-H and grow their fantastic, elastic brain!

What Goes on in My Head?

Robert Winston

Robert Winston helps you wrap your head around how the brain works. Join Professor Robert Winston in *What Goes On In My Head?* and introduce your child to the most powerful, complicated computer network that exists - their brain. Make sense of the brain's mind-boggling structure and understand how it controls everything you do.

MIDDLE SCHOOL

Neurocomic

Hana Ros

Do you know what your brain is made of? How does memory function? What is a neuron and how does it work? *Neurocomic* is a journey through the human brain: a place of neuron forests, memory caves, and castles of deception. Along the way, you'll encounter Boschean beasts, giant squid, guitar-playing sea slugs, and the great pioneers of neuroscience. Hana Roš and Matteo Farinella provide an insight into the most complex thing in the universe.

MIDDLE SCHOOL CONT.

Phineas Gage: A Gruesome but True Story About Brain Science

John Fleischman

Phineas Gage was truly a man with a hole in his head. Phineas, a railroad construction foreman, was blasting rock near Cavendish, Vermont, in 1848 when a thirteen-pound iron rod was shot through his brain. Miraculously, he survived to live another eleven years and become a textbook case in brain science. His case astonished doctors in his day and still fascinates doctors today. What happened and what didn't happen inside the brain of Phineas Gage will tell you a lot about how your brain works and how you act human.

Using Your Brain to Learn: Strategies for Success

Mary Niemczyk, PhD

This handbook provides students a complete set of strategies to succeed academically in school. Topics include: study strategies and when to use them, note taking strategies, study schedule development as well as how to study for and perform better tests. Using these strategies makes studying more effective and efficient - students will actually learn, and remember more in less time.

HIGH SCHOOL

The Brain that Changes Itself

Norman Doidge

An astonishing new science called "neuroplasticity" is overthrowing the centuries-old notion that the human brain is immutable. In this revolutionary look at the brain, psychiatrist and psychoanalyst Norman Doidge, M.D., provides an introduction to both the brilliant scientists championing neuroplasticity and the people whose lives they've transformed. From stroke patients learning to speak again to the remarkable case of a woman born with half a brain that rewired itself to work as a whole, *The Brain That Changes Itself* will permanently alter the way we look at our brains, human nature, and human potential.

The Tell-Tale Brain: A Neuroscientist's Quest for What Makes Us Human

V. S. Ramachandran

The Tell Tale Brain by V.S. Ramachandran attempts to reveal the workings of the mind through an explanation of malfunctions of the brain. Throughout the book, readers are presented with intriguing cases of these strange malfunctions. remember more in less time.

BOARD GAMES

- BRAIN GAMES KIDS - Warning! This Game Will Blow Your Mind!
- Skillmatics Brain Games
- Squick – Sentence Edition
- Brainstring Advanced Brainteaser Puzzle – 3D Block Puzzle
- Brain Freeze