



Name: _____

Date: _____

Vocabulary

- **Neuron** (n.) a cell that sends and receives signals in your brain
- **Neural pathway** (n.) a connection of neurons that forms when you repeat an action or thought

Warm-Up

1. What's something you're good at?

2. Put a check mark above the scale to show how good you are at this activity or skill now. Then put a check mark below the scale to show how good you were when you first started learning it.

Now



Before

Activity: Group Juggle Brain Game

What did you notice about your ability to play the game as you practiced it?



Wrap-Up

1. How does practicing something new and difficult grow and strengthen your brain?

2. What's something you want to practice this week?
