

Brain Health and Wellbeing 70 mins Lesson 3

Learning Intentions	Lesson Outcomes
 Students explore how the brain's network can learn using old memories. Students investigate how the brain functions when humans learn new things and repeat those tasks Students investigate neuroplasticity Students reflect on and discuss their brain region design and present their ideas to the class 	 Understand the concept of Meta learning and how it applies to real world examples of research in this field. Understanding how we learn and how our brain's network is designed to constantly learn new things. Learn how the structure of our brain's network – graph features – are important for effective learning. Work collaboratively to complete the design of a brain region and present it to the class.
Australian Curriculum Content	Australian Curriculum General
Descriptors	Capabilities
 Health and Physical Education Personal, social and community health: Evaluate situations and propose appropriate emotional responses and then reflect on outcomes of different responses (ACPPS094) Visual Arts Understanding how visual arts works: Develop and refine techniques and processes to represent ideas and subject matter (ACAVAM127) Understanding how visual arts works: Manipulate materials, techniques, technologies and processes to develop and represent their own artistic intentions (ACAVAM126 - Scootle) 	Critical and Creative Thinking — Identify and clarify information and ideas Seek solutions and put ideas into action Apply logic and reasoning Evaluate procedures and outcomes Reflect on processes Organise and process information Personal and social capability — Make decisions Develop reflective practices Work independently and show initiative Recognise emotions Understand themselves as learners Become confident, resilient and adaptable
 Design Technologies Develop, modify and communicate design ideas by applying design thinking, creativity, innovation, and enterprise skills of increasing sophistication (ACTDEP049) Science Inquiry Skills Communicate scientific ideas and information for a particular purpose, including constructing evidence-based arguments and using appropriate scientific language, conventions and representations (ACSIS174 - Scootle) 	Literacy – Understand learning area vocabulary Understand how visual elements create meaning



Assessment

Formative Assessment

- Students are introduced to the concept of Meta Learning. They will complete Data Collection Sheet 4 to show how our brain's Executive Functions change in relation to what's happening in our environment.
- Students will use small group collaboration to design an entity/machine that represents their chosen brain region. This design will be extended on adding a new component to represent the lessons topic.

Equipment List

- Brain PowerPoint Lesson 3
- Data Collection Sheet 4
- Stationery, coloured pencils and pens
- Blank A4 paper for group drawings and designs
- Student Handouts collected at the end of Lesson 1:
 - Data Collection Sheet 1
 - Data Collection Sheet 2
 - o 7 Regions of the Brain
 - Machine designs started in Lesson 1 & 2

Phase/Slide	Learning Activity	Resources
Slide 1 - 3 Engage	 Greetings/Introduction Acknowledgement of Traditional Custodians Lesson Aims/Attributes 	PowerPoint
Slide 4	Warm up Game (optional)	PowerPoint
Slide 5 Reflect	 Recap from Brain Lesson 2 Explain that today we will learn about Meta Learning 	PowerPoint
Slide 6 Explore	 Describe what Meta Learning is Explain how a scenario of getting lost on a hike will be used to demonstrate how our brain network can help us learn and navigate our way out 	PowerPoint
Slide 7 – 14 Create	 Describe, step by step, what happens in our brain as we learn about and respond to a new environment. Ask students to draw the network onto their brain handout at each step 	PowerPoint Data Collection Sheet 4



Phase/Slide	Learning Activity	Resources
Slide 15 - 17 Reflect	 Recap what we learnt in Graph theory and explain how the brain needs long and short connections, and how we can strengthen these through learning – known as neuroplasticity View video outlining published research investigating brain networks of memory athletes and how, when provided with memory training, the control group's networks underwent neuroplasticity Explain Meta learning using a graph depicting effort and learning performance 	PowerPoint and video
Slide 18 - 21	 Describe, step by step, how our brain network operates under stress. 	PowerPoint
Create	 Ask students to draw/make notes on their brain handout at each step 	Data Collection Sheet 4
Slide 22 Explore	 Describe a real-world study that used graph theory to investigate brain networks of participants with Social Anxiety disorder 	PowerPoint
Slide 23 – 24	 Ask students to work in groups formed last session to build on the design of their group's brain region 	PowerPoint
Collaborate	 Using new knowledge from lesson 2 students add to their designs something to assist in easier or more efficient communication Ask groups to share their designs with the class 	Handouts collected at end of lesson 2
Slide 25 - 28	 Ask students to write down 3 things they learnt in today's session. 	PowerPoint
Reflect	·	Data collection sheet 2