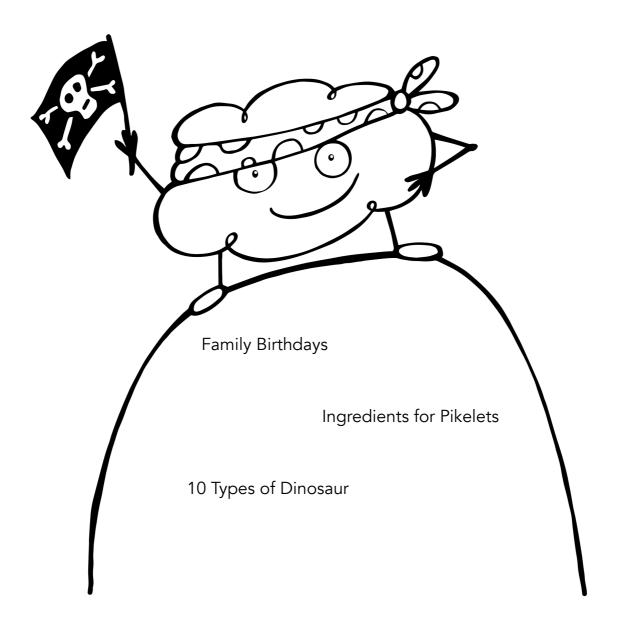
BRAIN DUMP !

List some things your brain is good at remembering . . .



For example: all of the positions in a soccer team or the planets of the solar system.

Any lists you store inside that clever brain of yours!

Here's a website to check out about fun brainy facts . . . https://www.healthline.com/health/fun-facts-about-the-brain#1

What is your favourite thing to learn about?

Give your brain a challenge this week, set a goal of finding out 5 to 10 new things about this favourite topic of yours and tell them to the class or your family.

Write a short TRANK YOU letter to your

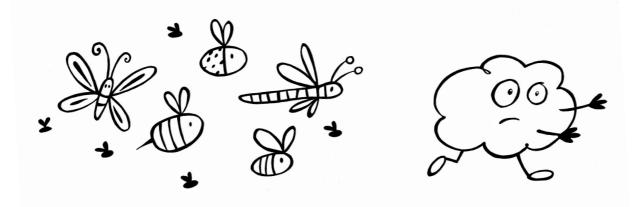
amazing brain, listing all the things you appreciate about it.

Draw your own brain character – in a car, on a scooter, etc.

You could even make your own cartoon strip with this character in it.







Think of some recent times you might have been sad, angry, disappointed or many other things.

Write down some ways you could have helped

yourself with those painful feelings.