

LESSON TITLE: ***Train Your Brain for Success!***

**Grade Level:** Suggested K-5

**Delivery Mode:** Classroom

**Time Allotted:** 30 minutes

**# Of Participants:** Class size: 10-30

**Life Skill:** Incorporating visual, auditory, and kinesthetic learning techniques into positive affirmations

**Character Focus:** Self-Responsibility, Self-confidence development, Goal-setting

**Integrated Curriculum Concepts:**

- Language Arts: Active Listening, Sharing Experiences and Information, Responding
- Science: Visual, auditory, and kinesthetic learning techniques
- Social Studies: Developing self-help skills

**Key Concepts:**

- Part of a healthy lifestyle includes your mental attitude
- Visual, auditory, and kinesthetic learning techniques
- Setting and obtaining personal goals

**What you need for the Lesson:**

- *Train Your Brain for Success!* Book
- Copies of the last page of the book to hand out to class

**Learning/Follow up Activity:**

- Use the last page of the book for class to set and track their personal goals.

**Getting Ready:**

- Read and familiarize yourself with the book and lesson plan.

**Note to Helper:**

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

**Lesson Plan:**

<b>What you Say:</b>	<b>What you Do:</b>	<b>What Participants Do:</b>
Did you know that part of a healthy lifestyle includes your mental attitude? The OrganWise Guys love talking about making healthy food choices, but they also want you to be mentally healthy as well! Listen carefully as Hardy Heart and Sir Rebrum teach you about some different learning techniques!	Start reading book (with ENTHUSIASM!)	Sit quietly and listen until interactive parts of book. Respond and participate as instructed by the teacher reading the story.
Once you have completed the book, ask... What is Hardy studying for? (ANSWER: School Spelling Bee)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What does Hardy realize he needs to train for success? (ANSWER: His brain)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
How many different ways of learning does Hardy tell you about? (ANSWER: 4)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are the 4 ways of learning? (ANSWER: visual, auditory, kinesthetic, your heart)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Which part of the body does auditory learning involve? (ANSWER: Ears)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What does kinesthetic mean? (ANSWER: Movement)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
How many times in a row should you say positive affirmations? (ANSWER: 5 times)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What word did Hardy spell correctly to win the spelling bee? (ANSWER: AUDITORY)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Who taught the other OrganWise Guys about brain training? (ANSWER: Madame Muscle)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

Have you ever participated in a Spelling Bee? (ANSWER: Varies)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are some personal goals that you would like to set for yourself? (ANSWER: Varies)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.