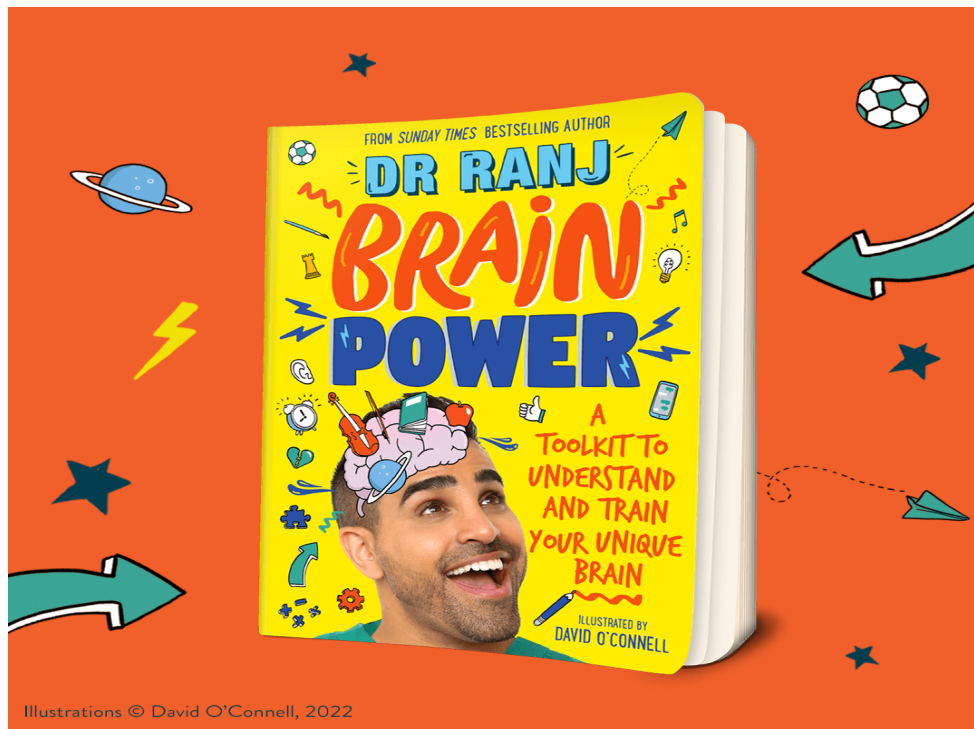


Unleash the Power of Your Brain with Dr Ranj

Discover how your brain works and how you can keep it
healthy and happy!



Level:

P4-P6/ First and Second Level

Explore themes of:

√ xxxxx √ xxxx √ xxxx √ xxxxx

Subject Checklist:

√ Science √ Sociology √ xxxx √ xxxxx

At a Glance

There are resources for further learning, a glossary and an index at the back of the book. If you feel stuck, find a word you don't know, or want to look up a certain subject – use these!

Before We Start!

Why not try the 5 True or False questions on p13 to see how much you already know about your brain!



Dr Ranj

Activity one: Get to know your brain

Dr Ranj is a specialist doctor who works with children, known as a **paediatric clinician**. Often this means he helps young people who have been born with brain conditions or are struggling with their mental health.

Get into groups and talk about:

- Brains are so powerful, they're capable of things we can't accomplish with even the most sophisticated computer or software. What are some of the amazing things that your brain can do?
- In the book Dr Ranj tells us about some conditions which make your brain work a bit differently. Can you name any of them? What effect can these conditions have on the way your brain works?
(If you're struggling have a look at p68 onwards.)

Activity two: Brain Builders – the Biology of an Active Brain

Read pages 15-20 about the different areas of the brain and their uses.

In groups:

- Think of a hobby you enjoy like singing, playing a game or listening to music.

- Which areas of the brain do you think you use for this hobby and why. There might well be more than one!

Read pages 27-29. Contrary to what people used to believe, boys and girls are born with very similar brains and can learn and be good at almost anything! The way you're brought up and what happens to you has a much bigger effect on your brain and what you end up liking and doing.

In groups:

- What are some of the stereotypes which people thought only boys could do or be good at, or only girls could do or be good at.
- Name some of the things which you like or do which fit into these stereotypes – and then some which don't!

Activity three: Unique Brains

Read p60-65 about the nine different types of intelligence.

- Which type(s) of intelligence do you think you have? Why? What does that make you good at? Try the quiz on p66.

Read p68-78.

- What is neurodiversity? What are the different types of neurodiversity and the different strengths of neurodiverse brains? Are you, or anyone you know, neurodiverse?
-

Activity four: Mind Medicine

Read Chapter 5. In the modern world our brains can get overloaded with information, so it's hard sometimes to manage everything at once – and this can mean we don't process emotions or stress properly.

- What do you do when you're overwhelmed? What helps you calm down and stay relaxed and happy? From getting enough sleep and exercise to listening to our favourite music and chilling out with a book or tv programme there's lots we can do to help our brains stay healthy and happy.
- P119 Try keeping a Joy/Worry journal for a few days. Does it help you process things?
- Try some of the breathing and mindfulness exercises on p130-132. How do they make you feel? Do they help you relax?

At the back of the book there's lots of links and resources which you can use to find out more, or if you're affected by any of the issues in the book.

Further Questions

Lastly, do you have any final questions you would like to ask Dr Ranj if you got the chance? Try to think of at least two and make a note of them.

Keep your eye out for more awesome books from Dr Ranj, as well as the other authors from the Edinburgh International Book Festival!



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