

Wellbeing Builder:

Wellbeing Element:

Character Strength:

Wellbeing Fitness Challenge:

Wellbeing Reflection Activities:

Parent Wellbeing:

Middle – THE CHANGING BRAIN

Senior – BRAIN GROWTH ABILITIES

POSITIVE ENGAGEMENT

CREATIVITY

THINKING OF OTHERS

Middle – THE CHANGING BRAIN,

Senior – BRAIN GROWTH ABILITIES (see website)

Draw an outline of your body and on it write down the warning signs you feel on different parts when you are becoming stressed or angry. Be on the lookout for them and use deep breathing to self-calm yourself.

Most parents and teachers encourage students to practise and apply what they learn in class to other situations after school. Any push back from students is part of adolescence, but if they knew how their brains learn new things to build habits, they might well be more open-minded.

Neuroscience has shown that their (and our) brains rewire themselves when they experience new things; called Neuroplasticity. Their brains create new brain (neural) pathways by joining millions of nerve cells, called neurons, together. The more often they repeat something, the stronger these pathways become and the faster the messages travel down them. Their brains love searching for patterns and deliberately practising creates patterns which become their habits.

But on the other hand, when these pathways aren't used they wither and die. That is why learnt material needs to be revisited for the brain pathways to strengthen. Study and practise develop the brain pathways in their memories to remember things. Practising at the same level will improve their reliability, but will not result in personal or academic growth. To achieve this, they need to increase the difficulty of what they practise and the character strength perseverance is an effective one to action to use.