Playing the Game – Building Your Brain Tower

To play the game:

1. Choose the top card from the deck and Read the card aloud to your group and the two possible outcomes.
2. Roll the number dice to see if you get a pipe cleaner with a straw or no straw.
3. Outcomes that are good for your brain get a strengthened neuron, a pipe cleaner, and a straw. Outcomes that are not good for your brain get a weak neuron, a pipe cleaner only. Collect your pipe cleaner with straw or pipe cleaner only.

Next person's turn! After everyone has taken a turn add your neurons to your brain tower and start the next round.

Your goal is to play the game and try to build the tallest Brain Tower you can that can hold nine 10 gram fishing weights without collapsing.

Measure and Test Your Brain Tower!

How tall is your Brain Tower? ____________________________ ____________________________
How many weights did your tower hold? ____________________________ ____________________________

To get 5 more straws to improve your Brain Tower, what are 5 different ways you can help your brain stay healthy and learn new things?

1. __________________________________________________________________________________________
2. __________________________________________________________________________________________
3. __________________________________________________________________________________________
4. __________________________________________________________________________________________
5. __________________________________________________________________________________________

Show what you know – How can you help your brain learn best?

<table>
<thead>
<tr>
<th>Water</th>
<th>Different Way</th>
<th>Word Bank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practice</td>
<td>Plan</td>
<td>Diet</td>
</tr>
<tr>
<td>Sleep</td>
<td>Relaxed</td>
<td>Exercising</td>
</tr>
</tbody>
</table>

From the red cards, you learn about strategies you can do to help your brain learn. When you want to learn something new and strengthen your brain's pathways, you can...

- ___________________________ and repeat what you learned
- Try to learning something in a ___________________________
- ___________________________ from others. Your friends, family and teachers can help you.

From the blue cards, you learned about reducing stress. Your brain learns best when you...

- Are ___________________________ and ___________________________, your brain learns best when you are calm
- ___________________________ for things, making a schedule can help to create less stress.

From the green cards, you learned about healthy habits. Your brain learns best when you take care of your body by...

- Drinking enough ___________________________
- Getting enough ___________________________
- Eating a healthy ___________________________
- Going outside and ___________________________

1. What is the major difference between making decisions in real life and the game?

2. What is something you will do to help your brain stay healthy or learn something new?