

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 persons 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?
Test 1 Test 2 Test 1 Test 2

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?

Word Bank					
Water	Different Way	Plan	Diet	Happy	Ask for help
	Practice	Sleep	Relaxed	Exercising	

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 brains 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 decision in real life and the game?

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