

Lesson 7: The Incredible Human Brain

Discussion Questions

- Your brainstem helps your heartbeat over 100,000 times a day! What other things does your body do automatically without you having to send it a message? (Digestion, sleeping, breathing, swallowing, etc.) Brainstorm a list with the class.
- How are our brains like the brains of other animals? What do you think the brainstem controls automatically in other animals?
- When you think about times in your life you have been scared, excited, happy, or angry, how does it feel in your body when you remember it? What parts of your body are giving you messages?
- Can you experience a feeling about a memory the same way you experience the feeling in the moment? If you have big, overwhelming feelings, what can you do to help your body calm down?