LESSON NINE

Words to Grow By

Key: Thoughts grow
Concept: Neuroplasticity

Train Your Brain #9

Train your brain to create

Class Agenda

1. **Greetings**
2. **Video:** Episode #9
3. **Leadership Book:** Pg. 42-43
4. **Video:** STEM #9: Truth Glasses
5. **Leadership Book:** pg. 44-45
6. **Champ Chat**
7. **Leadership Challenge:**
   Brainstorm

Objectives

Video: Words to Grow By
STEM Lesson: Magnetic Chains
Leadership Book: Pages 42-45
Tool: You are what you think
Challenge: Brainstorm

In a Nutshell

This week we explore how thoughts that don't physically exist turn into the matter of our brain, which does exist. It's the process of neuroplasticity. We really are what we think! In a lot of ways our thoughts are like seeds but instead of growing into plants they grow into reality! How wild is that?!

LESSON NINE - QUICK VIEW

	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	2 min	Set the tone for your class	Sing Roll Call like a puppy! (a cow, a pig, etc…)
2	Video: Episode #9	3 min	Words to Grow By	Video: Episode #9
3	Leadership Book	3 min	Ideas are the Seeds of Reality.	Pages 42-43
4	Video: STEM #8	3 min	Thought Chains (Magnetic Chains)	Show video/option to demo
5	Leadership Book	5 min	Train Your Brain #9: Train your brain to create	Pages 44-45
6	Champ Chat	3 min	Review & Reinforce	See questions on page 45
7	Leadership Challenge	1 min	Practice Brainstorming	Practice brainstorming by following the "Take-5" problem-solving strategy.

LESSON DETAILS

1. Greetings

Try singing the Championeers! Roll Call with different animal voices.

2. Video: Episode #9
Words to Grow By

This week Mama Hen shared that the secret to getting rid of deception weeds is speaking the truth. Once truth was revealed, Mooie was able to think and find the answers she had been searching for!

3. Ideas are the seeds of reality!
Pages 42-43

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4. Video: STEM #9
Thought Chains (Magnetic Chains)

Watch Click-Class video. Instructions in Student Leadership Workbook page 44.

Magnet stations are super easy to set up to provide hands-on experimentation. Try multiple objects and explain how some items form chains and others don't. Does our brain connect better when we do certain things like get our rest? What can we do to help our ideas turn into a brainstorm? What kinds of things can keep our ideas from connecting?

5. Train Your Brain Step #9
Train your brain to create

- Pages 44-45

- Bonus Corn Stalk! This is a simple and fun art activity to decorate your room as well as provide a hands on art project to show how neurons grow as we think! (okay, so it's a bit of a stretch… but it's fun and the kids love it.

CHAMP CHAT

7. Champ Chat: Review

- How do thoughts grow?

- What is brainstorming?

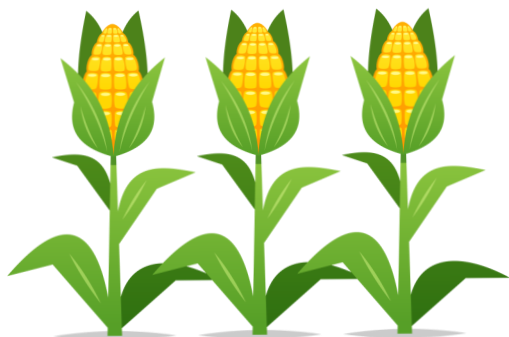- Review the quotes on page 43 and discuss what they mean to you.

LEADERSHIP CHALLENGE

8. Leadership Challenge

Practice Brainstorming

Throughout this unit, students have been learning steps to help them break bad habits, make new habits, solve problems and create new things. This week's challenge is to use the "Take-5" problem-solving strategy to take five minutes everyday to follow steps 1-3 and apply them to cleaning their room or solving a problem. We're not starting from scratch each day but rather fine tuning our thoughts to make choices that help us reach our goals for that day.

LIFE TOOL

Tool: You are what you think

Problem solving and making magnetized paperclip chains are more similar than one might think. Whatever thoughts you fill your mind with attract and promote similar thoughts. Brainstorming helps you connect thoughts to create ideas and invent solutions! Because your brain literally creates itself by the very thoughts you think (thoughts that don't exist turn into brain matter that does), remind your children to guard their thoughts, quickly replacing negative ones with happy ones.

NOTES