Dear Children,

I hope that all is well with you and your families.

Here is your Summer Half Term Project. Be as creative as you wish, and do lots of research to make your project unique and special.

The website below will give you some more ideas about what you could do.

Stay safe and I hope to see you soon,

Mrs Campbell

https://mindupprogram.weebly.com//links--activities.html

The Brain in Action. The brain operates like an orchestra with thousands of instruments, each playing its own tune but all working together to create a beautiful piece of music.

You will be re-visiting the three parts of your brain involved in thinking and acting: the Pre-Frontal Cortex, the Amygdala and the Hippocampus.

Imagine: The PFC is the conductor who directs the different instruments to produce a unified musical sound.

The Amygdala is the musicians themselves, whose playing expresses their feelings in response to the music but who must also work together and follow the directions of the conductor.

The Hippocampus is the sheet music, which the musicians can refer to in order to help them remember the notes they must play.

For your project, please research and choose one activity:

• Write a story about an orchestra, using the metaphors for the PFC, Amygdala and Hippocampus. What happens when the musicians stop working together? How do the conductor and the sheet music help to get them back on track?

• Plan and create a poster, labelling the three parts of your brain and explaining in detail what they do.

• Plan and create a poster, imagining that your brain is like an orchestra, with the conductor, musicians and music.

• Plan and make a brain using packaging materials from home. (Can you clearly show the three different parts?)

• Listen to a piece of music (for example, Pachelbel's Canon in D, Claude Debussy: Clair de Lune). After you have listened, write down how many instruments you can identify and what areas of the brain you used to identify them?

• Research three ways to calm your amygdala – try them before starting challenging learning:
  • Laugh for 15 seconds before starting a challenging task.
  • Stand up and do an active brain break, ending with 3 deep, slow breaths.
  • Suggest one of your own!
  • After trying them, make a note of how you feel. Has it made you ready for the task?

Good luck with your Projects. Please scan and submit your work to your teacher by Wednesday June 3rd 2020.