



MEET YOUR BRAIN

Activity Guide 5

Neuroplastic Noodlings!

Key stage 1 • Years 1 & 2

ACTIVITY 5: Neuroplastic Noodlings

Learning objective:

- ▶ To formulate a basic knowledge of the concept of neuroplasticity: that the brain can grow and change when you practise and work on something.

Learning approach:

Introduce neuroplasticity with the following explanation:

- ▶ When we do something or learn something, neural pathways are created in our brain.
- ▶ Each time we repeat the activity, the neural pathway or connection is made stronger and it gets easier for us to complete the activity.
- ▶ Our brains change and grow when they learn something new - that's neuroplasticity!
- ▶ We've all heard the expression 'Practice makes perfect' - that's neuroplasticity!

This activity is very simple - help your child to pick something that they'd like to improve, and encourage them to practise it to see the improvement. For younger children, writing their name in their best handwriting is a good choice.

Take your time make it an easygoing exercise. Save their first and last examples so you can look at them together and see the difference. Any improvement that you see is the result of neuroplasticity!

Display the first and last examples together, so your child can be proud of their improvement.

We'd love to see photos of the activities in action! Why not share your pictures at:

