

Train Your Brain for Success -

Single Session

digital.organwiseguys.com/book/train-your-brain-for-success

(Use this link to access all content.)





If you have not introduced The OrganWise Guys characters, <u>click here to view/download the Meet The OrganWise Guys page for you to use as a guide.</u> If you have an OrganWise doll and/or beanies, you can incorporate the beanies into the introductions as you read the story.



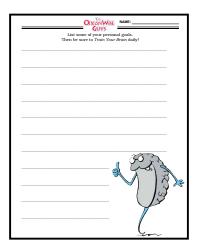
Read Train Your Brain For Success pages 1-30

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.

on

off

Complete the following activity page:



Watch these short companion video found below the activity sheets in this lesson:



PERSEVERANCE-BASKETBALL.MP4



TAME YOUR TV.MP4



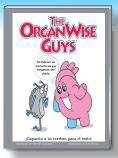
ATTITUDE-BASEBALL.MP4



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Below are details for **Train Your Brain for Success - Single Session** content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Emotional health, goal setting, positive self-image

Storybook - Lesson Objectives/Key Concepts:

- To introduce the children to The OrganWise Guys characters
- To discuss the concept of visual learning and how to employ it
- To discuss the concept of auditory learning and how to employ it
- To discuss the concept of kinesthetic learning and how to employ it
- To discuss the importance of positive thinking
- To encourage children to try this method in any area they want to succeed school, sports, healthy eating habits, etc.
- To demonstrate a song to help remember the steps of brain training
- To help children brainstorm a list of goals to brain train

Activity Sheets - Lesson Objectives/Key Concepts:

• To encourage children to set personal goals and to 'train their brain' daily

Short Videos - Lesson Objectives/Key Concepts:

- To demonstrate that practice and perseverance pays off
- To encourage children to take control over their screen/TV time
- To remind children of the importance of having a good/positive attitude

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheet (one per student)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)