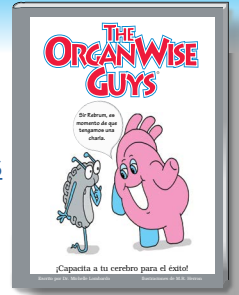




Train Your Brain for Success - Single Session

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

(Use this link to access all content.)



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)