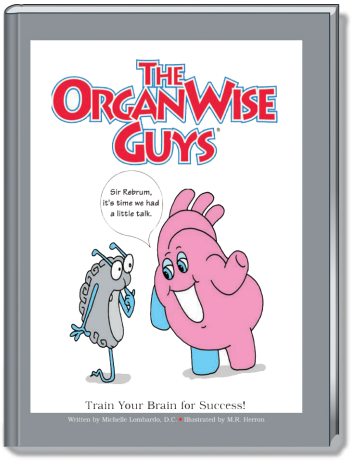
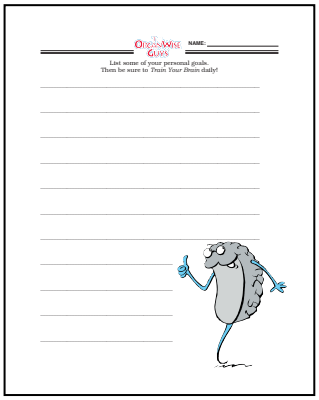
Train Your Brain for Success!



Suggested Usage for this module:

- Depending on the grade level, you can read the books to the students, have the characters read the book or have students can take turns it in front of the class. The story is available in both English AND Spanish!
- Each storybook on the platform is correlated to YOUR state's specific standards in Math, Science, Language Arts and Health and PE as well as national STEM and Head Start Standards!
- Train Your Brain for Success is correlated to the United Nation's Sustainable Development Goals, which are a collection of 17 global goals set by the UN's General Assembly.

Train Your Brain for Success is a clever story that depicts how we communicate with our Sir Rebrum all day long! They say the average person's self-talk is upwards of 80% negative. What if we could 'train' our children to get into the habit of positive, affirming, self-talk? The theme of this book is the incorporation of all three types of learning (see below) with Neuro Linguistic Programming (NLP) as the foundation (see below to learn more about NLP). After reading the story, encourage students to start 'seeing' themselves as happy and successful by setting goals and then practicing the habit of training their brain daily so their own Sir Rebrum can help make them happen! The short videos found on this page will also encourage them in this new way of thinking.



What are the types of learning?

1. Visual
2. Auditory
3. Kinesthetic

Below is a breakdown of the acronym NLP that helps explains its basic premise:

Neuro: *Referring to the mind or brain, particularly regarding how states of mind (and body) affect communication and behavior. NLP teaches a structural way of viewing mind and body states, developing mental maps that show how things happen and how to change course.*

Linguistic: *Meaning that our mind and body states are revealed in our language and non-verbal communication. Language is the tool we use to gain access to the inner workings of the mind. Neuro-linguistic programming language patterns teach us how to access unconscious information that would remain vague and unknowable otherwise.*

Programming: *This refers to the capacity to change our mind and body states. You've heard the term* ***living on autopilot****, right? To someone trained in NLP, this would mean that you are living according to your programming, which consists of habitual thoughts, feelings, reactions, beliefs, and traditions. Someone trained in neuro-linguistic programming knows how such programs are structured in the mind and how to access them through conversation (language) so that outdated programs and autopilot behaviors can be changed.*

Source: https://inlpcenter.org/what-is-neuro-linguistic-programming-nlp/