



Brain Lesson- Hippocampus

Ms. Elephante

Why we like it: We enjoy teaching students about their brain and how to be in charge of it. When kids understand how their brain works and that they can be in charge of it, they are empowered to take responsibility for themselves. The hippocampus is one of the three key players of the brain. It is your memory box.

Duration: 30 minutes

Materials: Guard Dog puppet, Ms. Elephante puppet, chime, **brain poster**, breathing ball, **brain puppets mindful coloring page**, gel pens

Lesson Activities: Breathing ball and mindful coloring

FocusedKids Lesson Video: [3 parts of the brain lesson](#)

VOCABULARY

Guard Dog, Amygdala, Chime, Calm, Focus, Emotions, Feelings, Ms. Elephante, Hippocampus, breathing ball, deep breaths

MAKE IT A HABIT

Each time you introduce a new topic or concept (for example in literacy learning a new sound or letter) ask the class what part of our brain are we using when to remember what we learned yesterday. When you teach something new- tell students that now Ms. Elephante will store that new learning and make it a memory.

PRACTICE IT

Practice mindful coloring each day for 5-10 minutes.

Hold up the Ms. Elephante puppet at the beginning and ask students what they remember about mindful coloring. How are our bodies? How are our voices? What writing tools do we use? How do we use them? Use the breathing ball each day for one or all of your brain breaks.

SEND IT HOME

After students have completed all 3 brain puppets send home with a description for parents about the 3 key players in the brain.

CORE LESSON

Opening Brain Break

Begin by introducing the chime if you have not already. Start off with the chime. Hands on belly or other anchor spot (heart, lap, knees). Listen to the





	<p>chime consecutively from one time to three times depending on the students' needs for getting regulated. See chime lesson in the <i>brain break</i> section. Use this short time to help students get their brains and bodies ready for learning. "Before we can learn about our brain, we have to get our brain ready."</p>
<p>What to Say</p>	<p><i>A key part of this lesson is engaging the class by having the puppets do the talking. This can feel silly or uncomfortable at first but it is necessary for engaging the class and integrating the information.</i></p> <ul style="list-style-type: none"> ● The Ms. Elefante puppet is active and silly. She has trouble straightening out her trunk which is where she takes in all the memories. Walk around the circle and let students gently tug her trunk. The kids help straighten it, and Miss Elefante thanks them for their help. Now she can do her job. ● Dialog: "My name is Miss Elefante. My brain name is hippocampus. (Repeat 5 times together) ● "My job is remembering everything that happens to you, even before you are born." ● "I can remember the sound of your mommy's voice when you were still in her tummy! When you are born, I am ready to do my job and continue to remember everything from that point on." ● I am good friends with Guard Dog and Wise Owl, and when we work together, we do an excellent job."
<p>Lesson Activity</p>	<p><input type="checkbox"/> Mindful Coloring- Color Ms. Elefante</p>
<p>Closing Gratitude</p>	<p>Create a closing routine with your class around gratitude. We know that when children practice thinking about what they are grateful for it wires their brains to be happier, calmer, and less stressed. See the gratitude section for more ideas or to expand on what we provide.</p> <p>Gratitude for Students</p>

LESSON EXTENSIONS	
<p>Brain Science</p>	<p><input type="checkbox"/> Your hippocampus is fully developed before you are born! When you learn something new, that new learning becomes a memory and is stored in the hippocampus.</p>
<p>Books</p>	<p><input type="checkbox"/> Your Fantastic Elastic Brain <input type="checkbox"/> Your Brain</p>
<p>Websites</p>	<p><input type="checkbox"/> https://momentousinstitute.org/ <input type="checkbox"/> Focusedkids.org (https://focusedkids.org/what-you-need-to-know-old/kids-brains/)</p>





MAKE IT YOUR OWN!

