

On a mission to help every child understand how their brain works and find their spark!



YOUR AMAZING BRAIN

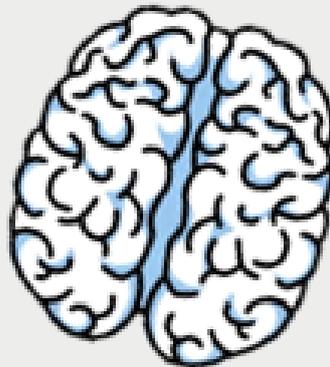


Before you were born, the neurons in your brain developed at a rate of 250,000 per minute

Information in your brain passes between neurons at 250 mph

Your brain can store 2.5 million GB of information

Your brain can generate 25 watts of electricity, which is enough to power an LED lightbulb



You have the same number of neurons in your brain as stars in the Milky Way Galaxy (100 billion)

All your blood vessels in a line would reach halfway to the moon

At the centre of every decision you've made, every emotion felt, every breath you've taken

Your brain weighs just 2% of your body mass, but uses 25% of your bodily energy

Take a moment to appreciate you, and just how incredible your brain is!

THE TWO TEAMS



Did you know that within your brain, you have two teams. We call them Red and Blue! They have their own strengths, interests and features.

RED BRAIN

STAY ALIVE & SURVIVE



SUPER STRENGTH



BLUE BRAIN

LIVE WELL & THRIVE

Works with emotions and makes assumptions. Can be irrational.

Wants to fit in

Fast

Lives in the moment

On red alert!
Looking out for threat.

DECISION-MAKING

TRIBE

SPEED

TIME-STAMP

OUTLOOK

Consider facts and different perspectives before responding

Wants to connect genuinely whilst being true to yourself

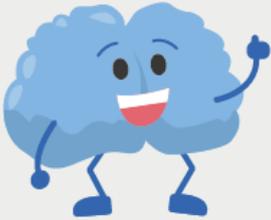
Slow

Thinks about the long term

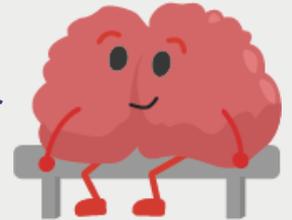
Lives by the values you hold

To be happy, confident and successful we need to help both teams work together, This is a skill everyone can learn to become a master of your own mind!

WHAT TO DO IF YOU THINK YOU NEED TO JUMP BACK TO BLUE



Sometimes our fast-paced Red brain can be a little too active! This can leave us on high alert and not living true to our values and goals.



To work out if you're in Red or Blue, ask yourself:
'do I want to think/ feel/ act like this?'

If the answer is 'no', you might be in Red.
Press PAUSE to help you get back to Blue!

P

Press pause, and don't react immediately.

A

Accept that our brains can be tricky. It is natural to think and feel in ways you don't always want to.

U

Uncover what Red Brain is trying to communicate.

S

Speak to yourself kindly. What would you say to a best friend in this situation?

E

Enter Blue. How do you want to act? What or who could help you take the first step?