



**SUPER  
LEARNING**

# Joe Wicks 5 minute workout



# The hand model of the brain

The question discussed was,

How can you calm down the animal part of the brain?



Pupils have drawn a picture of their animal part of the brain. They have discussed and wrote ways in which they can calm down this part of the brain.



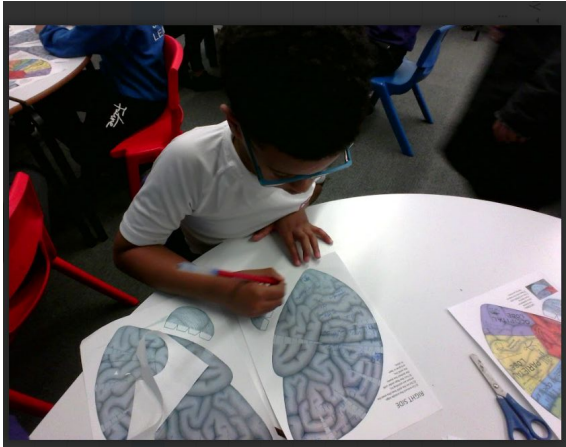
# Yoga



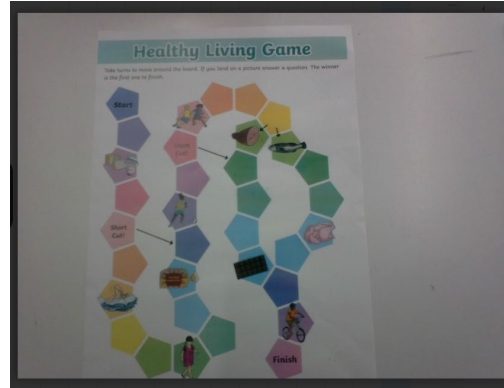
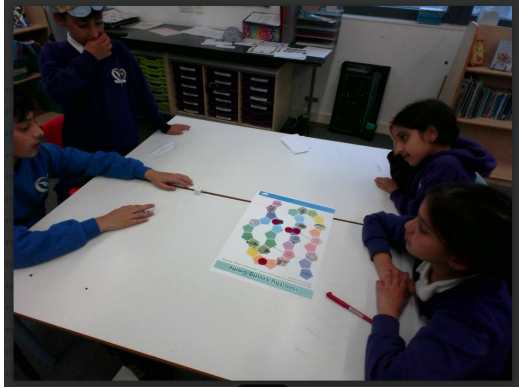
# Mile walk



Pupils learned about the different parts of the brain. They then made Brain hats.



# The health living game



Pupils had to answer questions around healthy living.