

Neuroscience and Mind Hacks (Mindfulness Exercises)

Grades:	6th – 8th
Day of Week:	Wednesday
Time of Class:	11:00 am – 12:30 pm
Length of Class:	10 weeks
Semester:	Winter 2024
Tuition:	\$250.00

Class Dates:

Week 1: Week of January 8

Week 2: Week of January 15

Week 3: Week of January 22

Week 4: Week of January 29

Week 5: Week of February 5

Week 6: Week of February 12

Week 7: Week of February 19

Week 8: Week of February 26

Week 9: Week of March 4

Week 10: Week of March 11

Make-Up Days: Week of March 18

Instructor's Name:	Heather Getson
Instructor's Email:	jhgetson@gmail.com
Instructor's Phone:	517-442-9015

Description of Class:

Our brains are truly fascinating! It is amazing to think of all the things our brains do in the span of a day. Understanding brain anatomy and functions of each brain region helps us to be

mindful of our experiences. This class will focus on neuroanatomy and the neuroscience behind mindfulness.

Class Approach:

This class will have plenty of hands-on activities and class discussions on topics. The instructor will provide instruction and guidance on topics. Students will keep a brain journal throughout class.

Goals:

Students will:

- Have an understanding of neuroanatomy
- Be able to identify brain regions and activities that correlate with each region
- Understand mirror neurons
- Identify their emotional brain and triggers along with implement coping strategies
- Understand how stress affects the brain and implement healthy stress responses
- Identify differences in long-term and short-term memory
- Have a deeper understanding of emotional intelligence

Textbook:

None required

Additional Supplies/Resources Needed:

- Webcam
- Microphone
- Notebook (journal)
- Pen/Pencil
- Printer
- Play doh (6 different colors)
- Licorice, gummy worms, marshmallow, etc. to make a model neuron
- Scissors
- Tape
- Construction paper – different colors

Requirements:

Students will be encouraged to participate in class discussion and activities. We will be discussing emotions, so they may share as much as they feel comfortable. Journaling will be required as part of the class.

Weekly Homework:

Weekly homework will typically consist of finishing journaling assignments or other assigned activities. It should take no more than one hour a week for homework assignments.

Homework Policy:

All homework is due prior to the following class period. If a student requires additional time or assistance, please feel free to contact me.

Evaluation:

4 quizzes – 20 % each

Participation and Journaling – 20%

Grading Scale:

90 – 100 A

80 – 89 B

70 – 79 C

60 – 69 D

Anticipated Weekly Course Schedule:

Week	Topic
Week 1	Parts of the brain – part 1
Week 2	Parts of the brain – part 2
Week 3	Emotions/Mindful awareness
Week 4	Mindful listening and seeing
Week 5	Mindful smelling and tasting
Week 6	Mindful movement/talking
Week 7	Perspective and choosing optimism
Week 8	Performing acts of kindness around the world
Week 9	Ways we can work to use what we learned
Week 10	Final Projects