

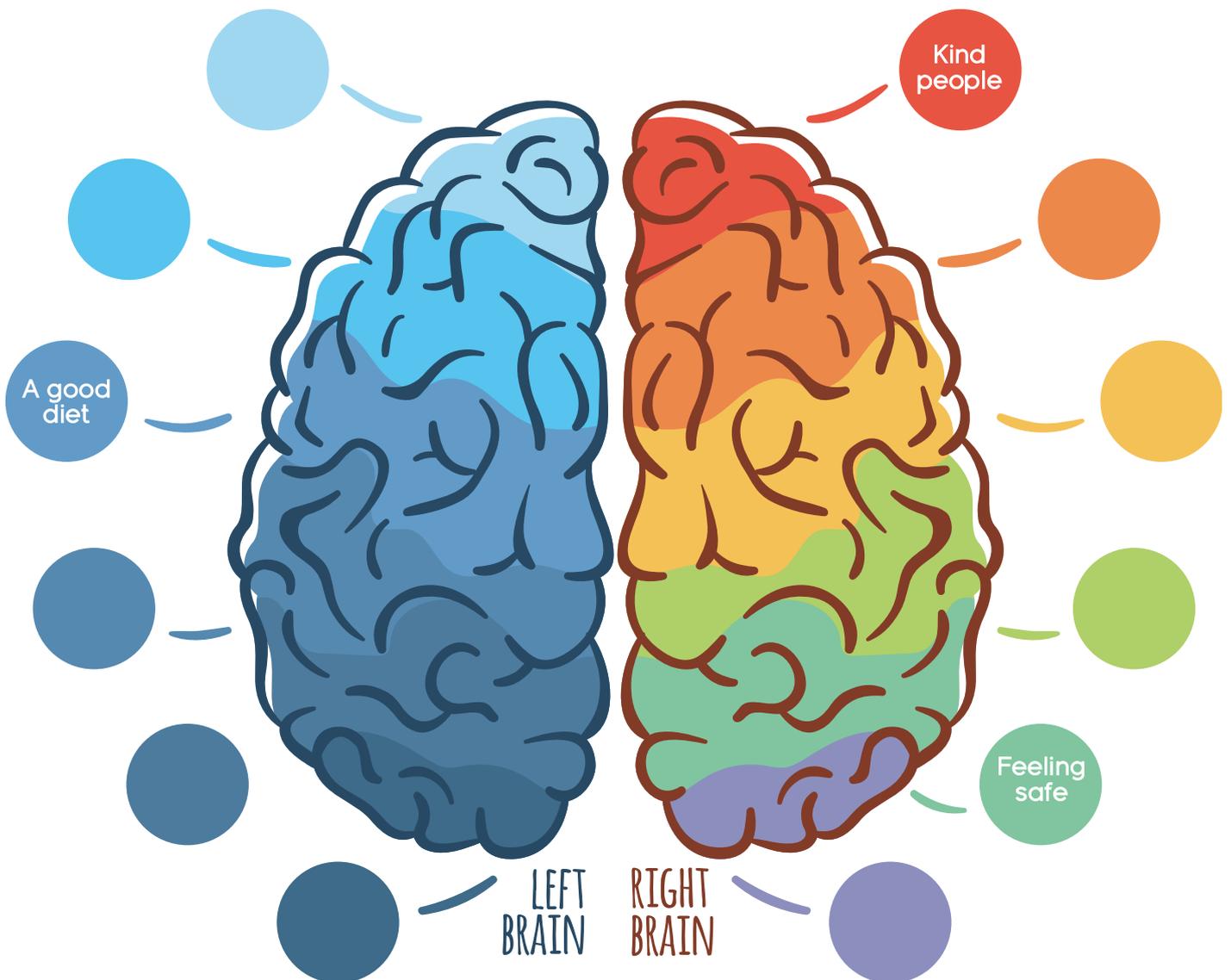
My own brain bubble

Who is this resource aimed for?

This is a resource for children and young people that may not feel very confident at school. They may have low self-esteem and wonder how they might find ways to having a positive outlook.

Our brains are complex! We understand a bit more about our brain and understand that we develop our thinking from our environment (what is around us, what is said to us and what we are exposed to), as well as genetics (from our parents) and a mixture of both things.

Have a look at the image of the brain below and think about what things you need to keep your thoughts positive and also what you need to keep your brain working well. We have put some words and ideas to help you if you can't think of anything straight away!



HUMAN BRAIN