

Growth Mindset- Extra
September 29, 2021

GOOD MORNING TEAM TOPE! Take a moment to breathe in and breathe out and settle in for a few minutes.

Here are just a few more amazing facts about the brain. The Human brain has the capacity to generate approximately 23 watts of power when awake, about the same as a light bulb. There are 100 billion **neurons** present in the brain and the amount of blood vessels that are present in the brain are almost 100,000 miles in length. CRAZY AMAZING STUFF!

Are you using a **growth mindset**? Do you believe that your most basic abilities can be developed through dedication and hard work? It is essential that each and every one of us understands that our intelligence and talent are constantly changing based on attitude, effort, persistence, and motivation.

We used to believe that our brain and intelligence was fixed at birth, but now we know this is not true. THANK GOODNESS!!!! **Neuroplasticity** is, in simple terms, the ability of your brain to change and adapt in response to **challenges**. You can think of those neurological changes as your brain's way of tuning itself to meet your needs. Because of this, your brain can actually change its physical structure as a result of learning. I don't know about you, but this information makes me want to get out there and take on new challenges and learn about everything I can!!!

As you walk down your path to awesome, be prepared tonight and when your parents ask you what you did in school... tell them about neuroplasticity! They will be so impressed that in fact, they might even faint!

TOPE VOCABULARY--

Growth mindset
neurons
Neuroplasticity
Challenges

Ned the Neuron- Neuroplasticity

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ACTIVITY-

Design an "exercise regimen" for your brain.

What brain exercises are you doing in this classroom?

How are you taking on challenges to exercise and grow your brain?