



# SHS

## The Brain 2

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Understanding how we  
gather information

# The Brain 2

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- Our brains are awesome organs but we have to keep using them to make them stronger and more efficient, this is called building memories and experiences.
- Sometimes we have to work our brains really hard and we might make mistakes, this is called learning.
- Learning can at times be both enjoyable and frustrating.



# The Brain 2

- So let's do a few exercises that will work our brain but build experiences and allow us to 'learn'.
- Imagine your brain as a sponge, when you see the next few challenges and videos it will 'soak' up the information.
- Important to use your eyes and ears over the next 10 minutes.
- Please do not spoil things for your classmates.
- Concentrate
- Ready?





# The Brain 2

Rabbit or Duck?



- The **purpose of thinking** is to understand our world as best as possible. Our brains have evolved to think so that we can better adapt to our environment and make smarter decisions on how to survive, live, learn and flourish.
- At a biological level, our **thoughts** are millions of neurons firing off in our brains.
- Give it a go.
- What do you see in the picture on the left?

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Lots and lots of coffee beans, but  
use your eyes and brain to

.....

.....find the man's face?

Don't tell others when you have  
found him.

How quickly did you solve this  
puzzle?

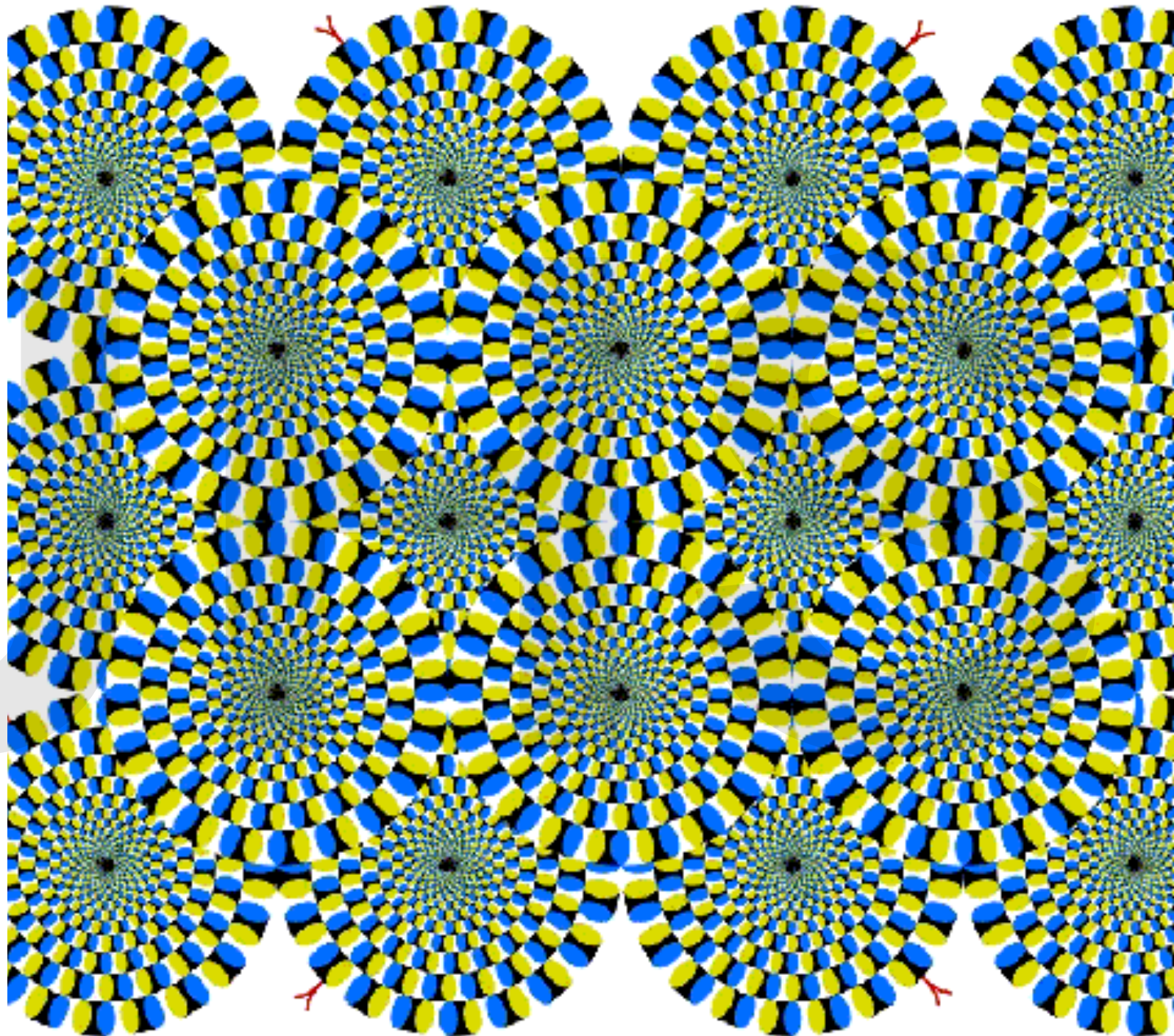
Next one.....





# The Brain 2

- Your eyes are making the circles move
- To test this, stare at one spot in each picture for a few seconds and everything will stop moving
- But when you move your eyes to the next black center, the previous one will move after you take your eyes away from it
- One more, ready.....







# The Brain 2

**You probably read the word ME in brown, but.....**

**.....when you look through ME you will see YOU!**

**Do you need to look again?**

# The Brain 2

- Our brains rely on our senses to pick up the information and pass it on, a bit like a relay.
- Sometimes our eyes, ears, touch and skin pass on too much information to our brains. To prevent overload our brains do not pay attention to certain 'bits', this is called '*selective*







# The Brain 2

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- [Listen and watch the video carefully](#)
  - [The man speaks quite quickly](#)
  - [Allow your eyes and ears to help your brain by concentrating](#)
  - [‘How our eyes and ears pass on information’](#)
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- [https://youtu.be/0NPH\\_udOOek](https://youtu.be/0NPH_udOOek)

# The Brain 2

- As we learn from our experiences our brain starts to learn and we can use it in different ways
- The scientific name for this is '*Neuroplasticity*'
- Use your eyes and ears to help your brain
- <https://youtu.be/ELpfYCZa87g>

