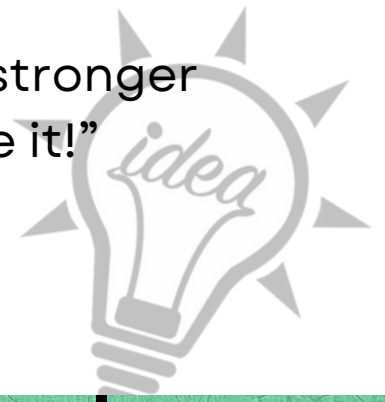




PLANT A SEED
Children's Partnership

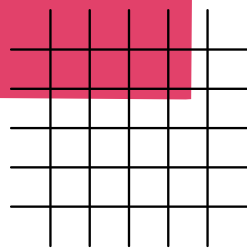
I AM WHAT I THINK

“Your brain is a muscle! It gets stronger every time you use it, so use it!”



Goals

Identity starts with understanding that its crucial to keep learning and keep dreaming, just like some people we know, great things can happen.



Tools

• "What's in your Brain?"

worksheet

$E = MC^2$



Chalkboard

Who is Ray Krok and what did he use his brain for?

Guided Instruction:

Albert Einstein was a very smart guy! He was a physicist and a philosopher of science. He is famous for the mathematical formula $E=mc^2$. This mathematical formula has been called the world's most famous equation. Let's take a look inside his head...what else do you think could have been possible ingredients inside of his brain? The ability to see, feel, experience, create... Humans have the potential to succeed and achieve great things if they have the right environment to grow. What does a brain need?

Albert Einstein used the ingredients inside his brain to change the world of mathematics and science.

Taylor Swift used an ingredient in her brain that started as an idea! What did she do with that idea?

Michael Jordan used an ingredient in his brain...What did he do with that idea? Did you know he got cut from his high school basketball team?

Ray Kroc used an ingredient in his brain that also became an idea. Do you know what his idea became?
(McDonalds)

What you THINK determines who you will become. So think BIG and think POSITIVE. Don't let the negative thoughts cloud your brain.





Activity One:

Use the printout "What's in your brain?"

List things you DO, think about and how you feel on a daily basis. Put them on either the positive (check) side or the negative (X) side to determine if they are making you a stronger person.

Discuss with students the importance of deciding what they are feeding their brain.

For example: If student says one thing they DO is play video games - discuss if that is a GOOD way to feed their brain and if there may be a better thing to DO or play.

Activity Two:

Talk about being world changers. What do they have in their brain right now that might impact the world.

Think BIG!





Overcomer Kids In-Class Assignment

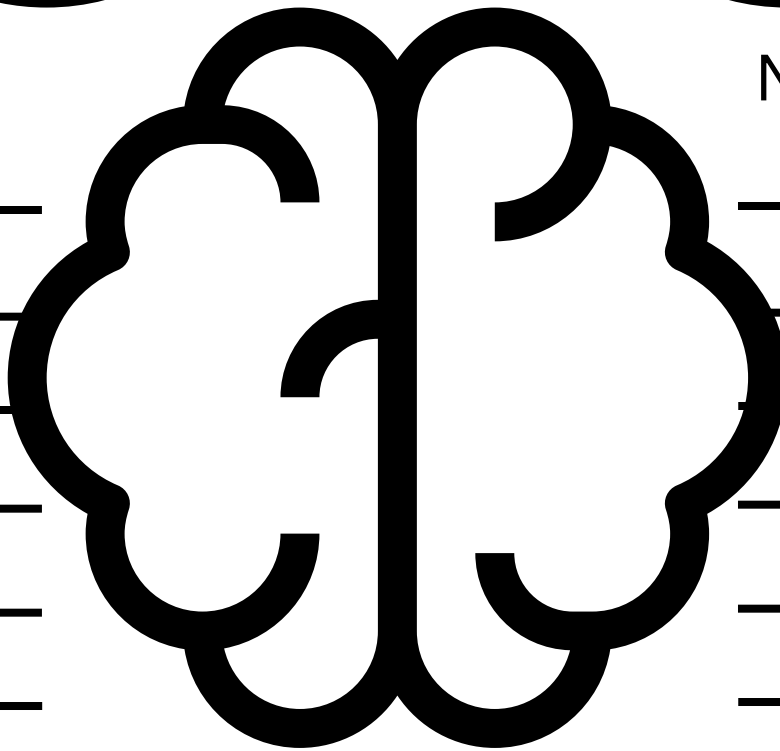
What is in YOUR Brain?

List things you DO, think about and how you feel on a daily basis. Put them on either the positive (check) side or the negative (X) side to determine if they are making you a stronger person.



Stronger

Not Stronger



Let's talk about it!

Think of one ingredient in your brain right now that you can use to change the world.

Describe why it will change the world and how it will change the world.



“Your brain is a muscle! It gets stronger every time you use it, so use it!”