

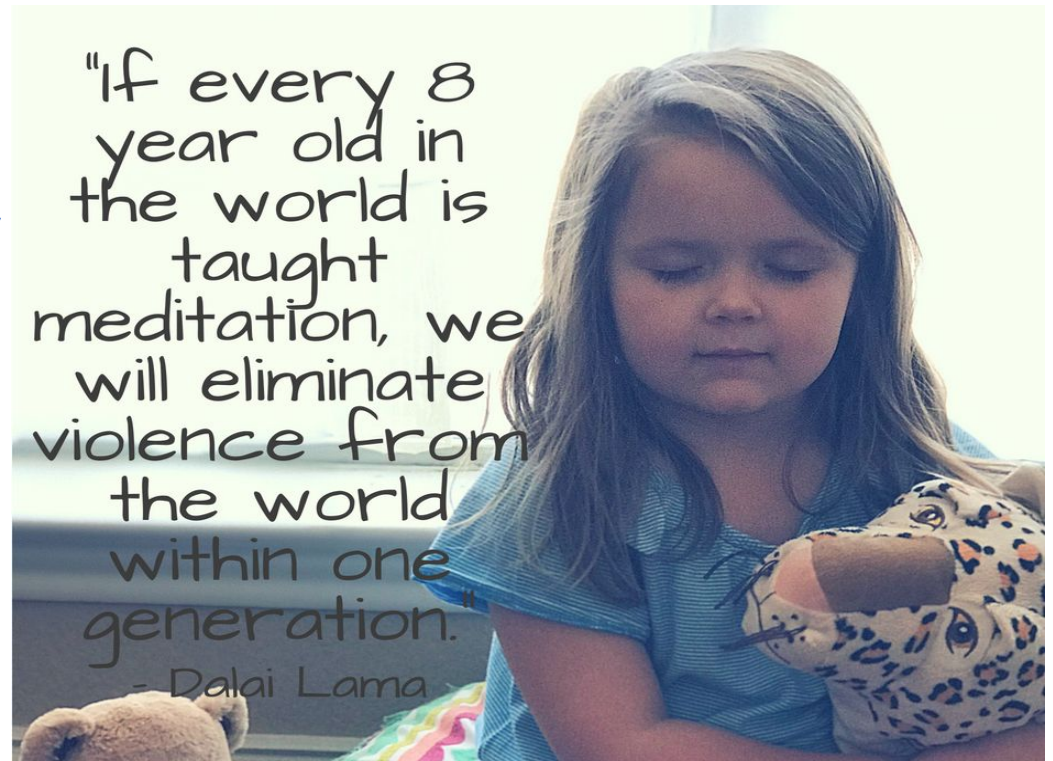


Buddhist Education Services for Schools Inc. (BESS)

Promoting universal values for living together in peace and harmony for the happiness,
health and prosperity of all

**Welcome to a Buddhist
lesson for children in primary
schools.**

Meditation



Meditation



**Outside
world**



Inside world



**Settle to
meditate**

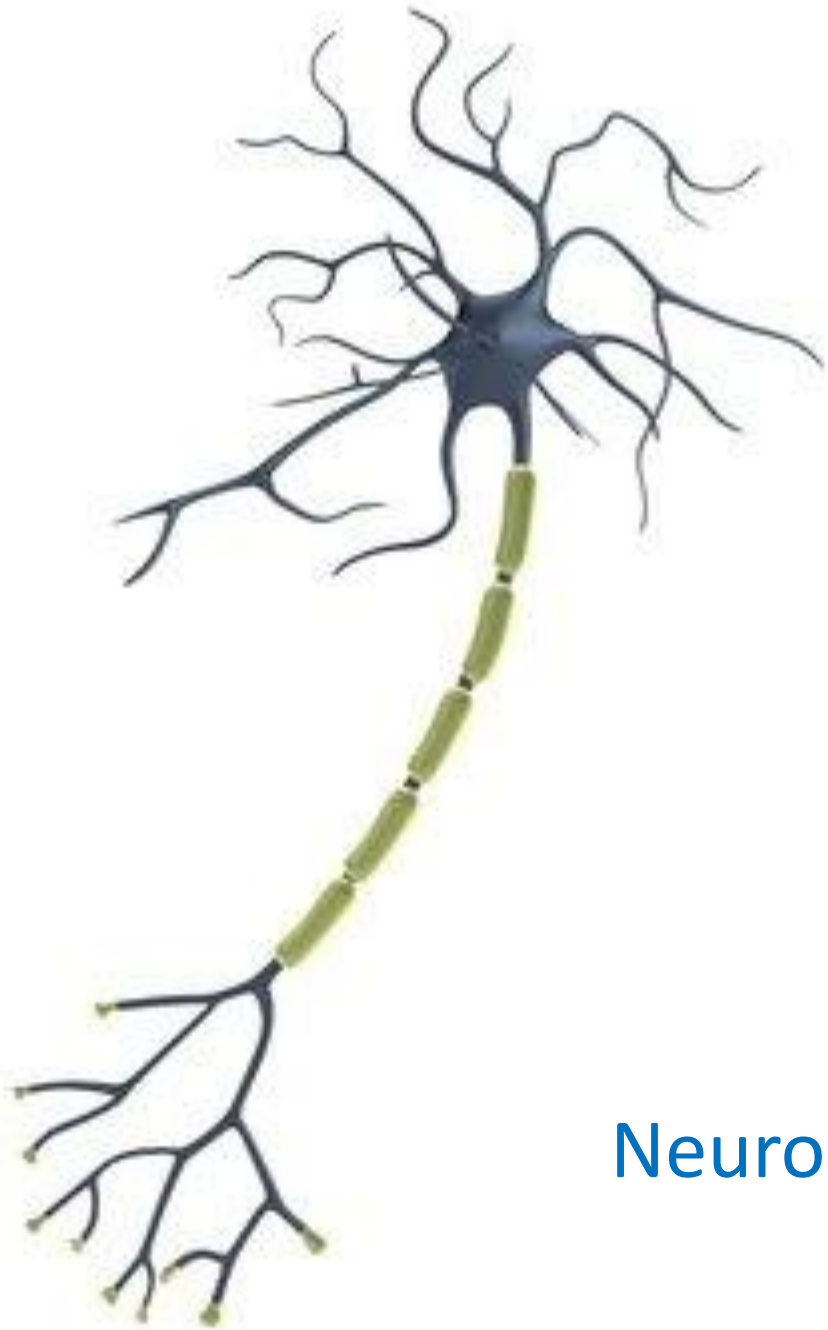


A Mindful Brain is a Super Brain

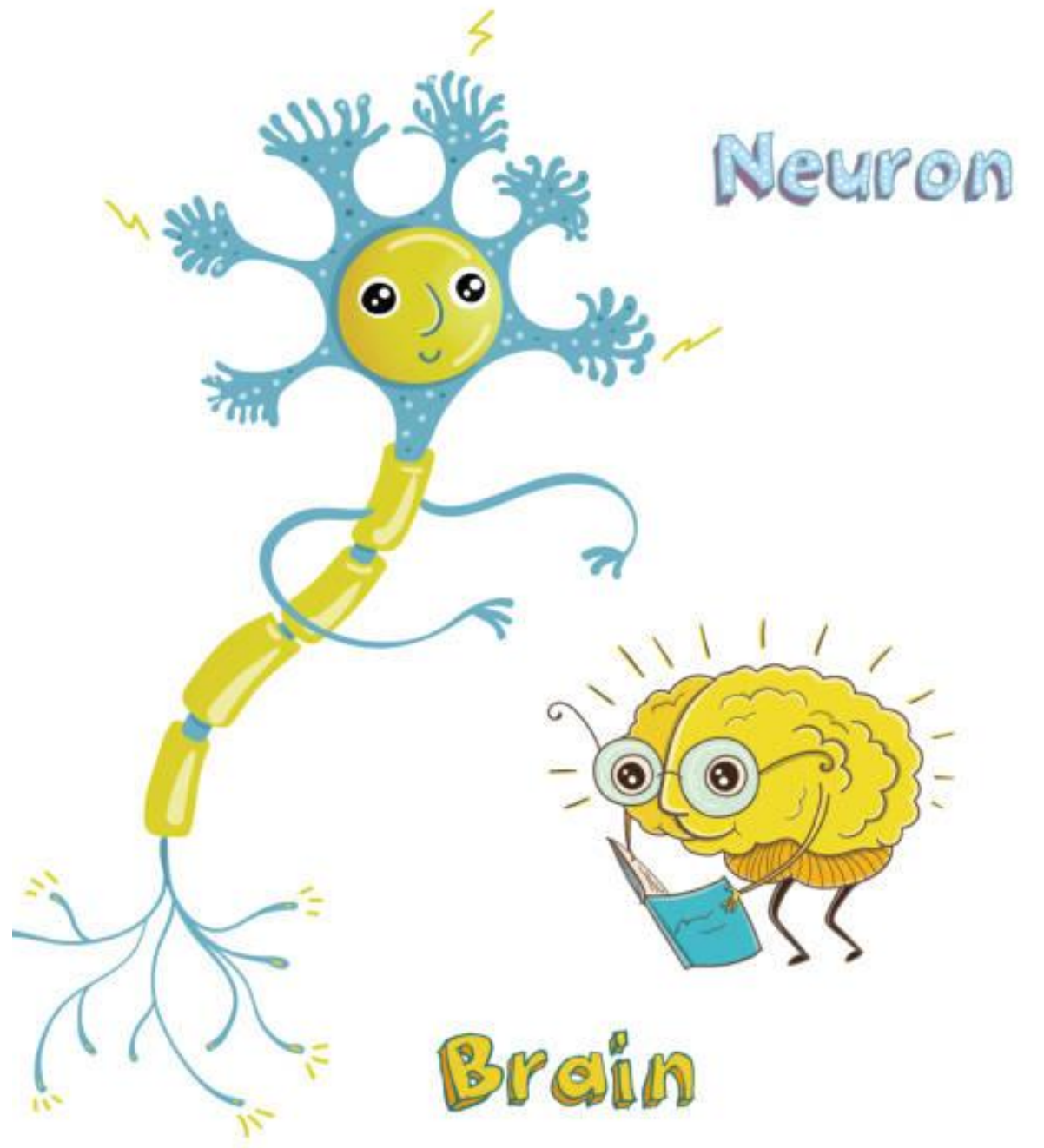


Buddhist Neuroscientists at work





Neuron



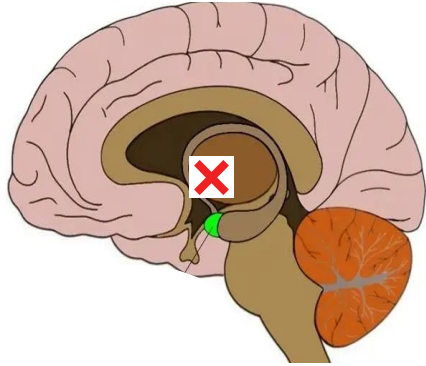
Neuron

Brain

AMYGDALA

Your security guard

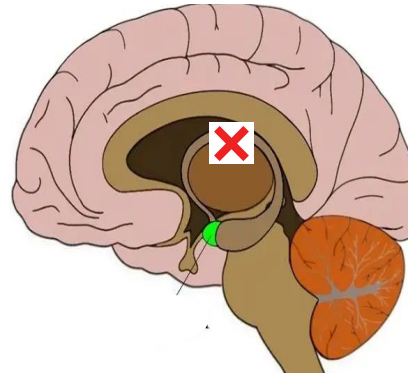
Mindfulness helps you think clearly and control the amygdala



HIPPOCAMPUS

Your memory keeper

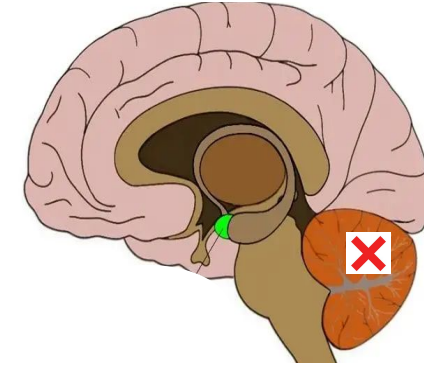
A calm mind helps you remember better



CEREBELLUM

Movement and balance

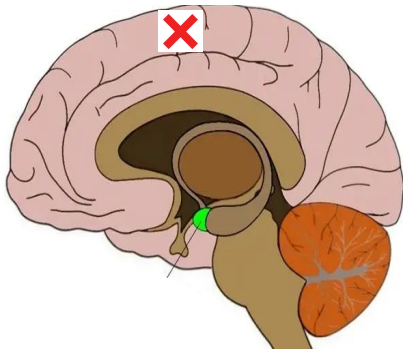
Being present and focused improves balance



CEREBRUM

Listening – speech – sight – thinking

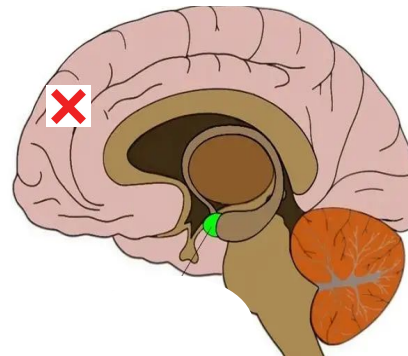
Mindfulness helps you pay attention, speak kind words, think kind thoughts



PREFRONTAL CORTEX

Team leader: best, thoughtful decisions

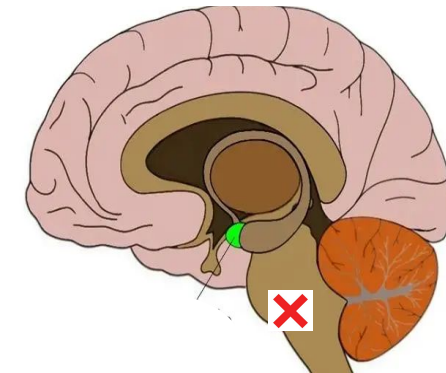
Mindfulness helps you make better decisions



BRAIN STEM

Automatic: breathing, heartbeat, digestion

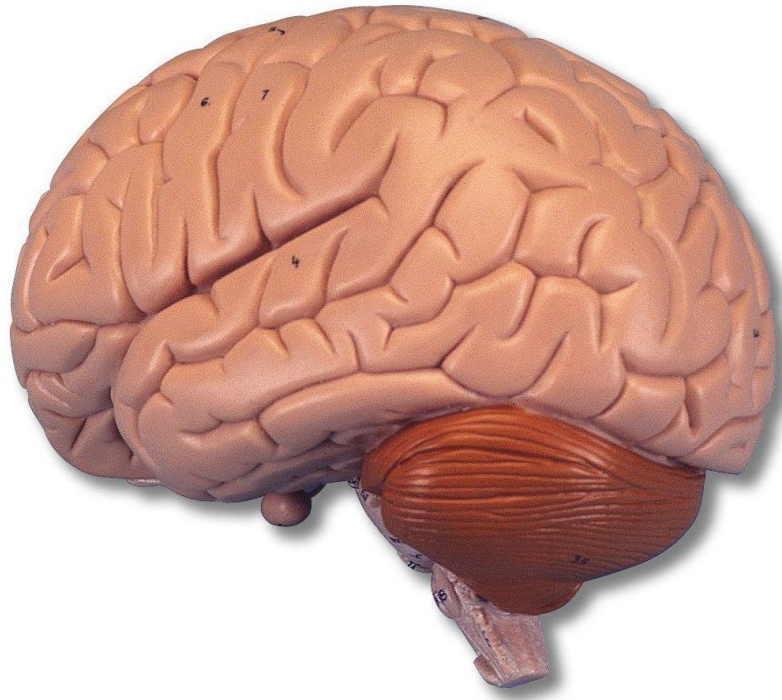
They take care of themselves but are affected by your amygdala



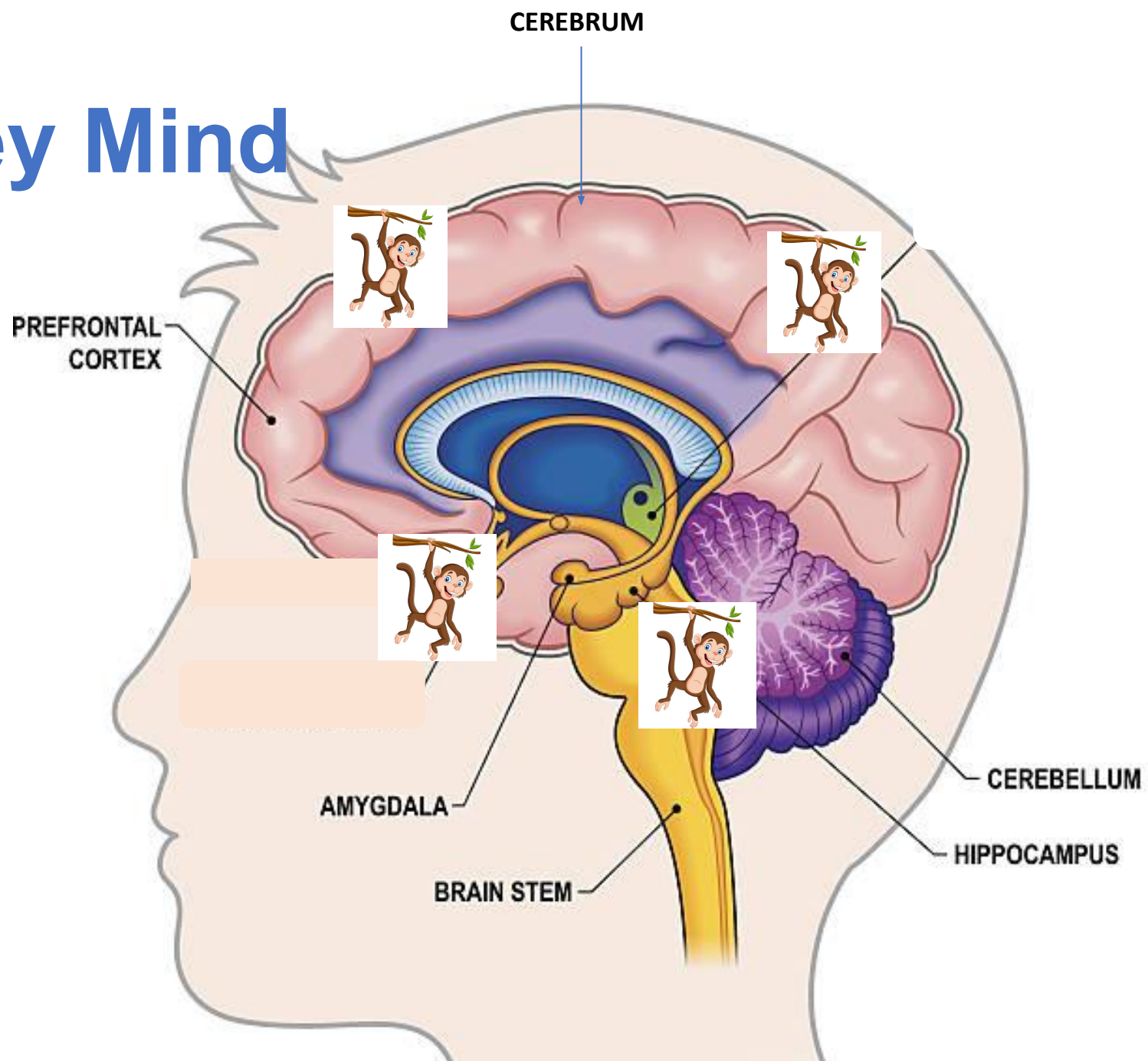
Neuroscientists - Let's look at the brain again



Brain Factory Making Connections



My Monkey Mind





• GETTY

HUFF
POST
RISE

ACTIVITY



NAME _____

CLASS _____

Hippocampus

Amygdala

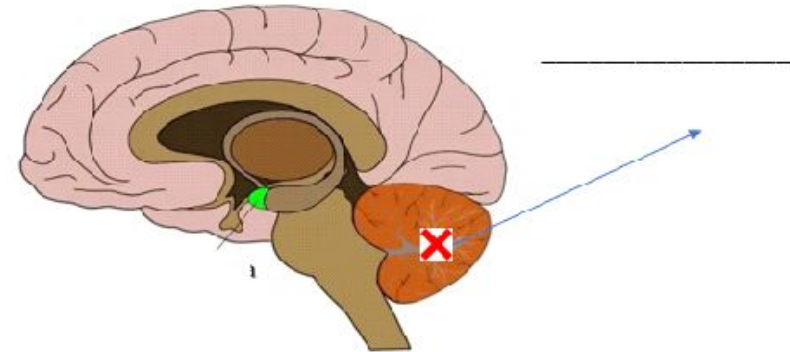
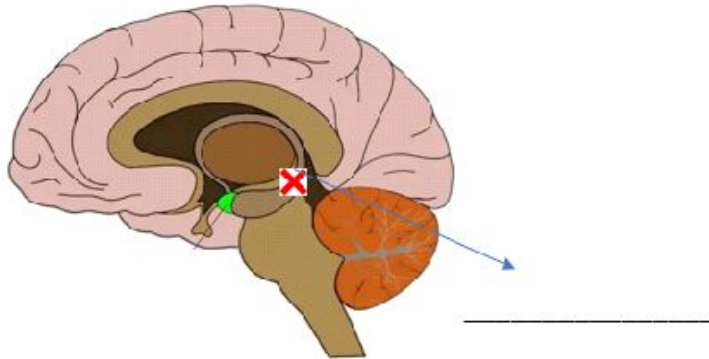
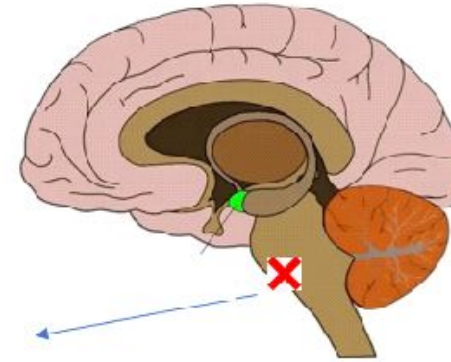
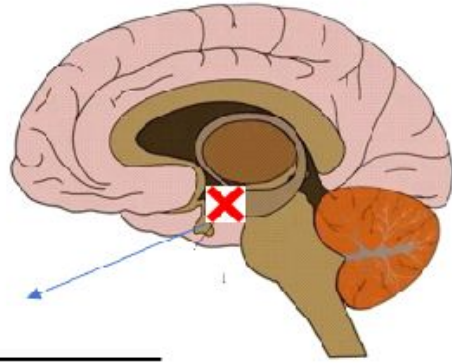
Brain stem

Cerebellum

Prefrontal cortex

Cerebrum

Recognise and Name Team Brain worksheet





Our brain works best when the upstairs (thinking) and downstairs (feelings) brain work together by sending messages to each other



When we experience big feelings, our upstairs thinking brain flips up and our downstairs brain is in charge! This makes it hard for our upstairs brain to help our downstairs brain to calm down.



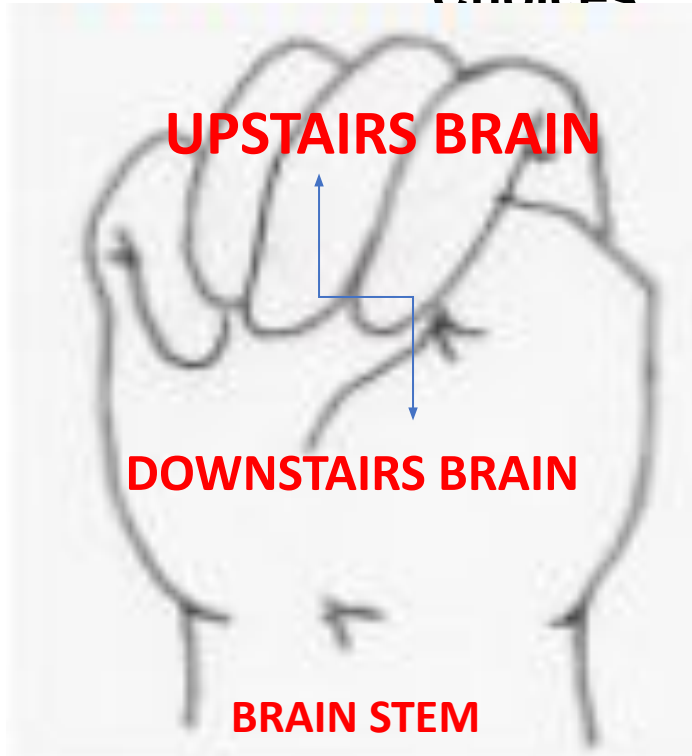
We must get the upstairs and downstairs brain talking to each other again so the upstairs can calm downstairs.
We need our upstairs brain to hug our downstairs brain.

Brain in your hand



**FLIPPING
YOUR LID**

**OR - take a
breath and give
your brain a
hug**

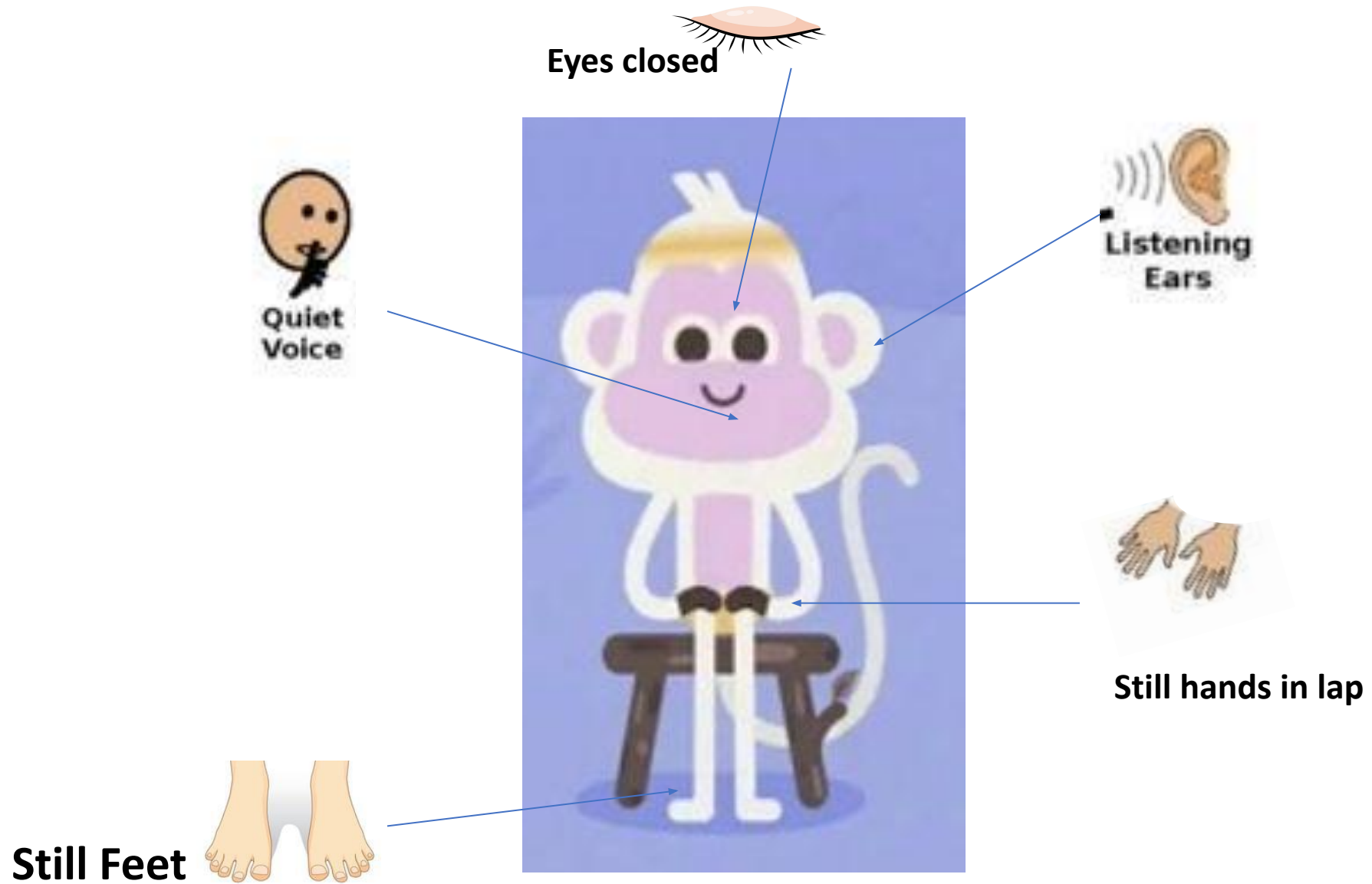


**BIG
feelings**





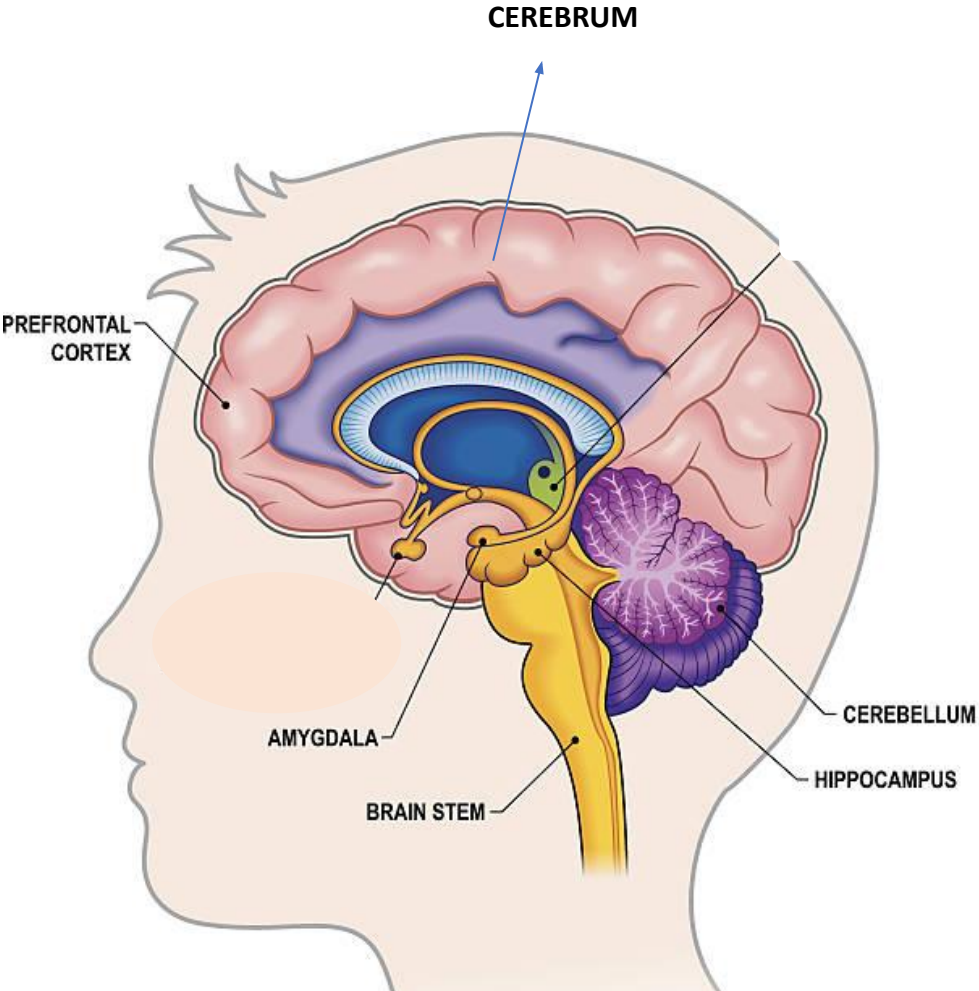
A quiet body is a calm body



Tame that monkey mind. What works?



Meditation





Dedication

May what I have learnt today help me to think before I speak or act so that I do not harm any being.