

Use Your Brain!

Learning is fun-be positive and enjoy yourself



Our brains are in three parts:

Part One is known as the “primitive brain” this is the section that keeps us alive!. It controls our basic needs such as heart beats, sleeping, hunger, stress and temperature.

If we want our brains to learn we need to look after ourselves properly.

Part two is known as our “middle brain”, this section is all about our moods, emotions and feelings. It is also where our long-term memory operates. To be an effective learner we need to feel positive and content.

Part three is known as our “thinking brain”. It can be thought of as two halves: the left –our academic brain and the right –our creative brain. Making both halves work together makes our long term memory even better.

We all learn through our senses-

- Visual-looking
- Auditory- listening
- Kinaesthetic- doing



There are also many different “intelligences”:

- Linguistic- good at reading and writing
- Logical/mathematical- good at number work, planning and sequencing
- Visual/spatial- good at drawing, estimating size, space and quantity
- Physical/practical- good at making things or sports
- Musical- good at languages/music
- Intrapersonal- good at responding to your own feelings and understanding what drives you
- Interpersonal- good at debating, understanding and relating to others
- Creative- good at seeing new ideas
- Intuitive-good at sensing opportunities