

## 5/12 Cheat Sheet

Theme: Tell your brain to stop. Just Stop

Question of the day: How do you make your brain slow down?

### Lesson Plan:

#### **From 1:30-2:15**

Infographics on Sleep

Can choose one of the two following articles (or read both)

- Sleep munchies
  1. How does not getting enough sleep affect your brain?
  2. Sometimes not sleeping is a sign of stress. Can over eating also be a sign of stress?
  3. Do you think this was an important study?
- Being Sleep Deprived Makes People More Likely to Confess
  1. How else can exhaustion hurt you?
  2. Is denying someone sleep a form of torture?
- Infographic on Brain Conditioning

### **15 Minutes book cart time**

#### **2:30-3:45 Documentary OR Articles and Meditation**

Free The mind: Convinced by the Dalai Lama to apply the same methods used to study anxiety and depression to research kindness and compassion, renowned neurologist Richard Davidson examines the nature of consciousness as manifested in our physical body, and the possibility of using mental practices to change the physical structure of the brain. The results Davidson finds through the course of his studies offer new hope for soldiers suffering from Post Traumatic Stress Disorder and youngsters with Attention deficit hyperactivity disorder.

### Meditation:

How the Brain Changes when You Meditate & How to Start Meditating:

1. How does stress manifest physically in your body? Breathing fast? Chest Pains?
2. What about the old direction to “slow down and take a beathe”? Is that a type of meditation?
3. What do you think of when I say Meditation? What makes it hard? Is it stopping the brain?

Guided Meditation if possible.

Final Question (internal, does not need to be answered by group): How can meditation be worked in to your life?