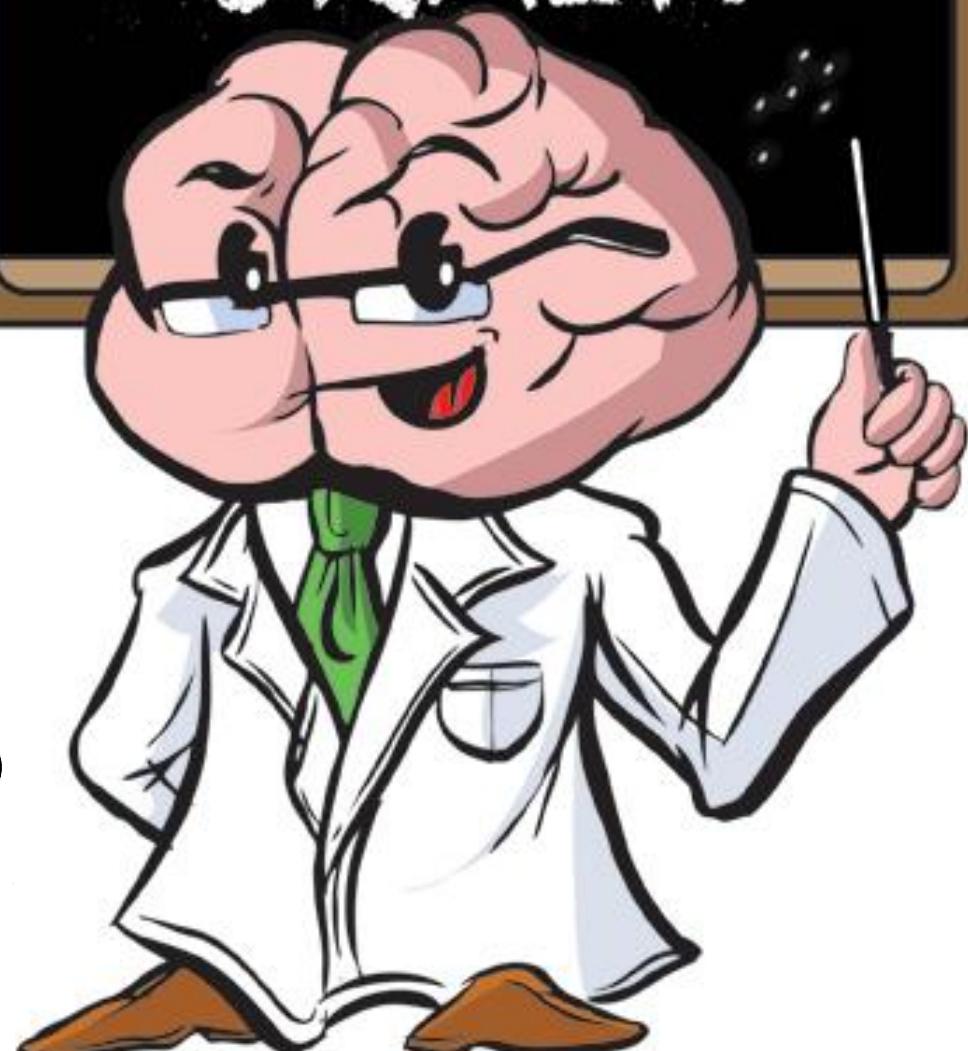


OUR REMARKABLE BRAIN



Russell Copelan, MD

Introducing Dr. Buddy and Jake

OUR REMARKABLE BRAIN©

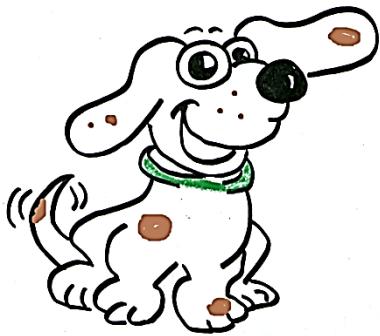
A BOOKLET FOR PARENTS AND CHILDREN

**CONTAINING FACTOIDS (Funny word) , 10 TIPS
FOR A HEALTHY BRAIN (Really) , Empathy
Wheel (Wow) and BRAIN MAGIC (No fooling)**

Written by Russell Copelan, MD

Illustrated by

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PREFACE

Research indicates that family connectedness, parent-child communication, and empathy construction are leading protective factors against youth involvement in alcohol and other drug use, bullying conduct, and suicidal behavior.

The Our Remarkable Brain (ORBUS)™ program, a curriculum piece of the Synaptic Youth Foundation (www.synapticyouth.org), places specific emphasis on identifying several key

components to successful parent-child interactions.

The *Our Remarkable Brain Booklet*® constructs a fascinating and fun introduction to the spectacular functions of the human brain and importance of practicing healthy brain behaviors.

The use of the limited and reserved *ORBUS*™ human brain classes also provides parents and their children an unforgettable life and educational experience about peer pressure, and the once in a lifetime opportunity to hold a complete human brain.

These cooperative learning strategies are based on educational trials and comprehensive review of the professional literature. Parents, guardians, children, and observing professionals should find these unique program components beneficial to promoting quality parent-child communication and healthy youth behavior.

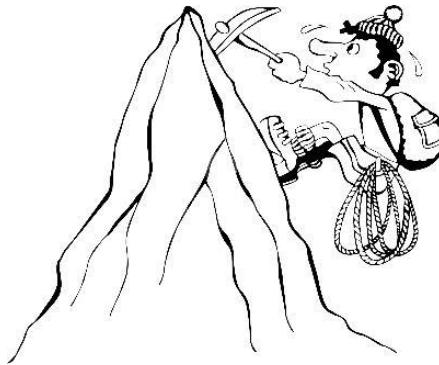


FACTOIDS (Funny word)

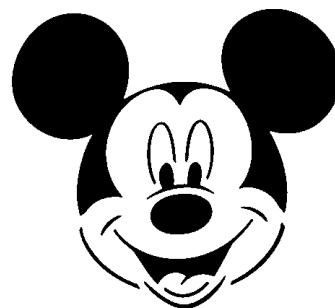
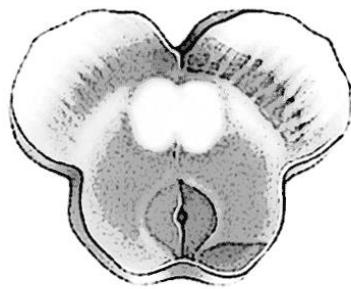
1. Your young brain weighs between 2 and 4 pounds, or 1 to 2 kilograms a (small weight).



2. The surface of the brain, when spread out, covers two large pillow cases or two sheets of newspaper.
3. The outside part of the brain has peaks and valleys.



4. The inside middles of the brain look like “Mickey the Mouse.”



5. The brain wiggles and jiggles like a bowl of strawberry jello.

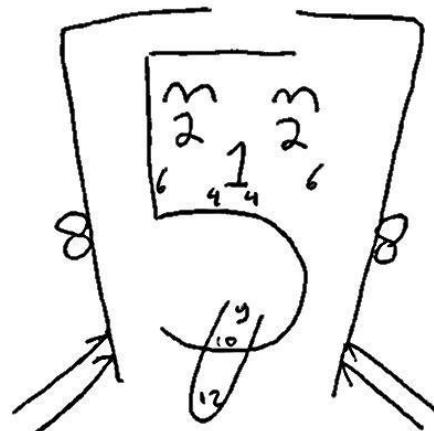




ANATOMY

1. Some surface areas help you run, play, and skip.
2. There are also areas for reading quietly to yourself, and laughing with friends.
3. And, when your pet is hurt or a playmate is sad, this spot helps you care.
4. And, of course, the brain helps you smell flowers or skunks, taste sweets or lemons, and to see near, far, or upside-down.

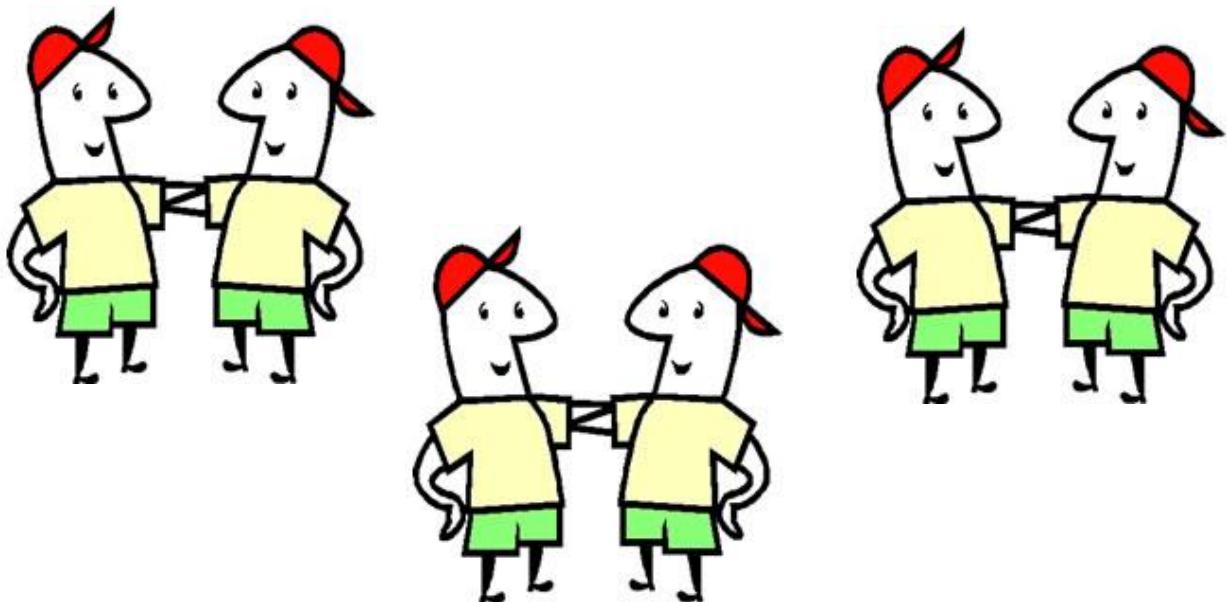
5. There are 12 pairs (can you find them below?) of special nerves to help you smile, frown, chew your food, and stick out your tongue.



a FUNNY way to remember
location of Cranial Nerves :)



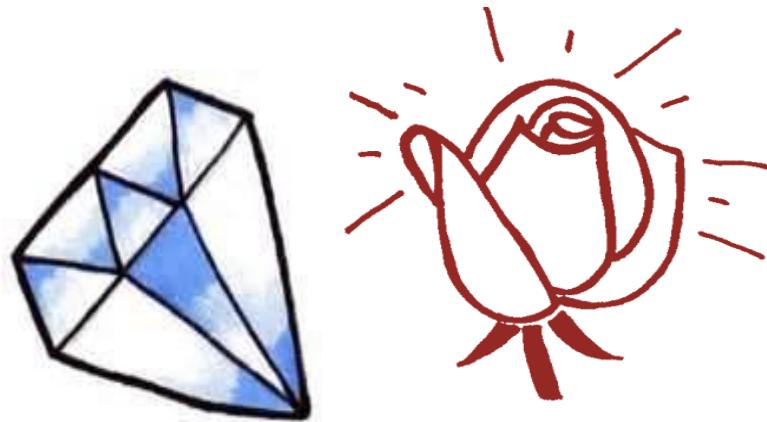
6. And, can you believe, the brain has:
 - a. 3 sets of twins called “three Gemini” lookalikes that your dentist will sometimes examine.



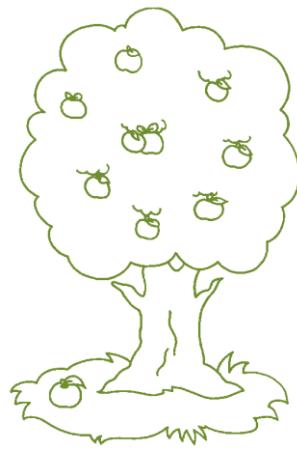
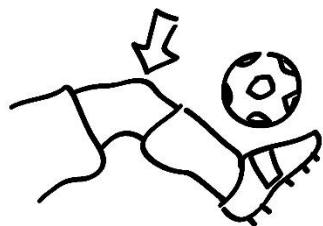
b. And 4 little hills, called “colliculi” that move your eyes when lightning flashes and turn your head when a car horn honks.



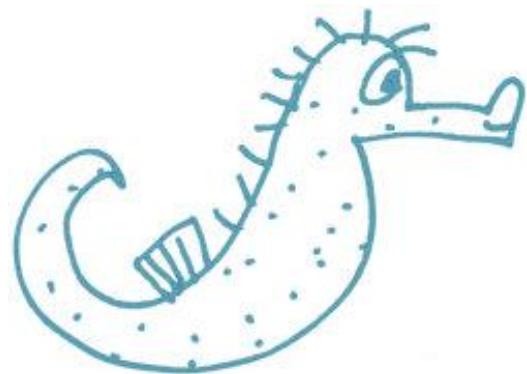
c. The brain, like a rose bud, has a stem, called a diamond or “rhomboid” that helps your heart beat and your lungs to breathe.



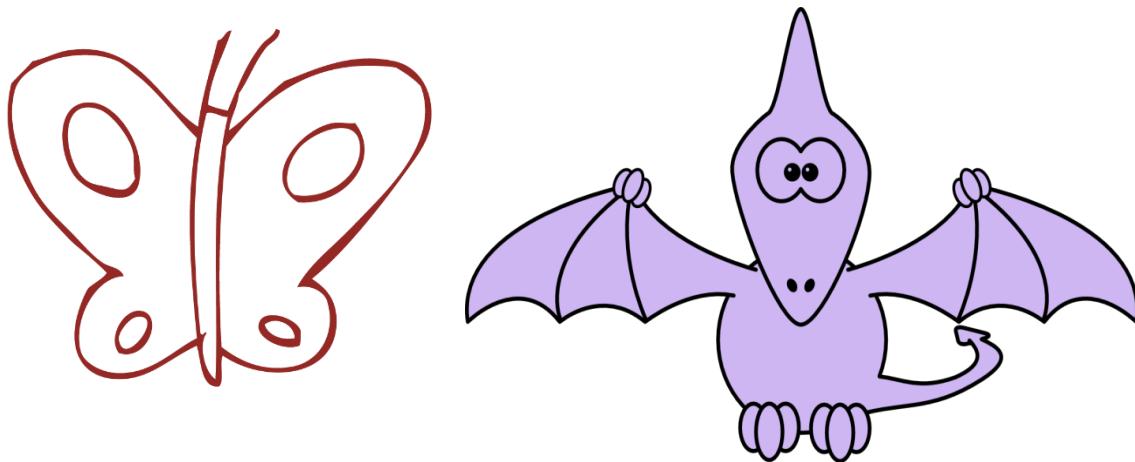
d. And, just for fun, and it is true, that deep inside the brain there is a “knee”, and a “tree”, a “pyramid”,



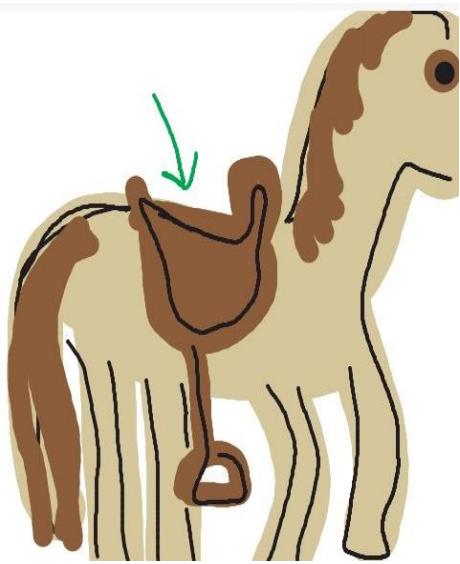
a “ribbon”, and a “sea horse.”

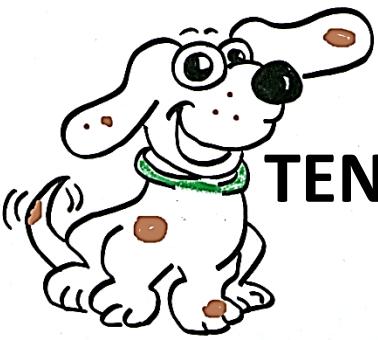


e. All this and much more, is in your unique head or skull, sometimes called a “bean” or “noodle” (Ha!), held together by “butterfly” and “dinosaur wings”,



There is also a “saddle”, and a “palace.”





TEN TIPS FOR A HEALTH BRAIN (Really)

- 1. Talk Nice to Yourself** - encourage yourself "I can do that." Be **POSITIVE**.

- 2. Connect with Others** - really talk to people you like and to those needing encouragement; feel your **HEART GLOW**. Belonging 2. No bullying.

- 3. Go Outside** - feel alert, move, play, a body in **MOTION** is fun;

connect with nature, bugs, rocks, the sky.

- 4. Hang Out with Happy Friends -** LAUGH, eat lunch, and listen to music together. Share feelings. Mirror smiles.
- 5. Take a Reading Break -** read silently, or out loud; just READ, anytime, anywhere.
- 6. Do You're Chores -** truly, NO SHORTCUTS, complete them; everyday chores include going to bed at a regular time.

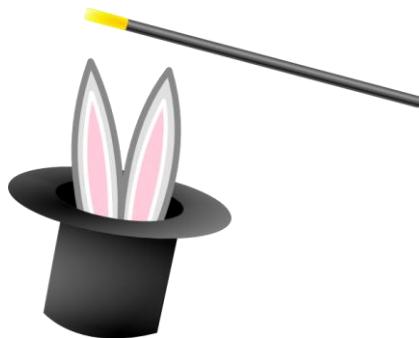
- 7. Be Respectful of Others** - don't argue; don't raise your voice; talk in a KIND way; put yourself in another's shoes. Help them.
- 8. Eat Healthy Foods** - eat WELL, be well.
- 9. No Drugs or Alcohol** - keep your brain and body SAFE.
- 10. Wear your Helmet** - your brain is soft, squishy, and innocent.
PROTECT it.



BRAIN MAGIC

(No kidding)

Here's a fun brain exercise. Think you can figure it out. Well. Let's give it a try.



Instructions:

1. Ask your mother or father to place a quarter, paper clip, and key on the table.
2. Look at these three objects for a couple of minutes, one minute will do.
3. Now close your eyes.

4. With your eyes closed, ask for one of the objects to be placed in your right or left hand.
5. While still keeping your eyes closed, feel the object and say what it is.
6. Now open your eyes. Were you correct? Of course you were! Now try another object.

Answer

This brain magic involves many thousands of brain messages taking place within split seconds, even with your eyes closed. Many parts of the brain are working together including memory, feeling, movement, and

speech. It involves the “sea horse” area of the brain. Presto Chango!

Here's another brain magic exercise.

Instructions:

1. Ask your mother or father for a flashlight. Make sure it works!
2. Dim the lights in your room. You don't need total darkness.
3. With your parent sitting, and holding their head still, turn the flash light on.
4. For a second or two, slowly direct the light to the outside corner of

their right eye or left eye, about five fingers away from their face.

5. Carefully look at the other pupil (the little black hole) of the eye not receiving light. Did it change too? Did both pupils get smaller? Yes. They did. Let the eyes rest and try it again.
6. Now remove the flashlight beam. Look at the pupils. Did they change again? Did both pupils get larger?

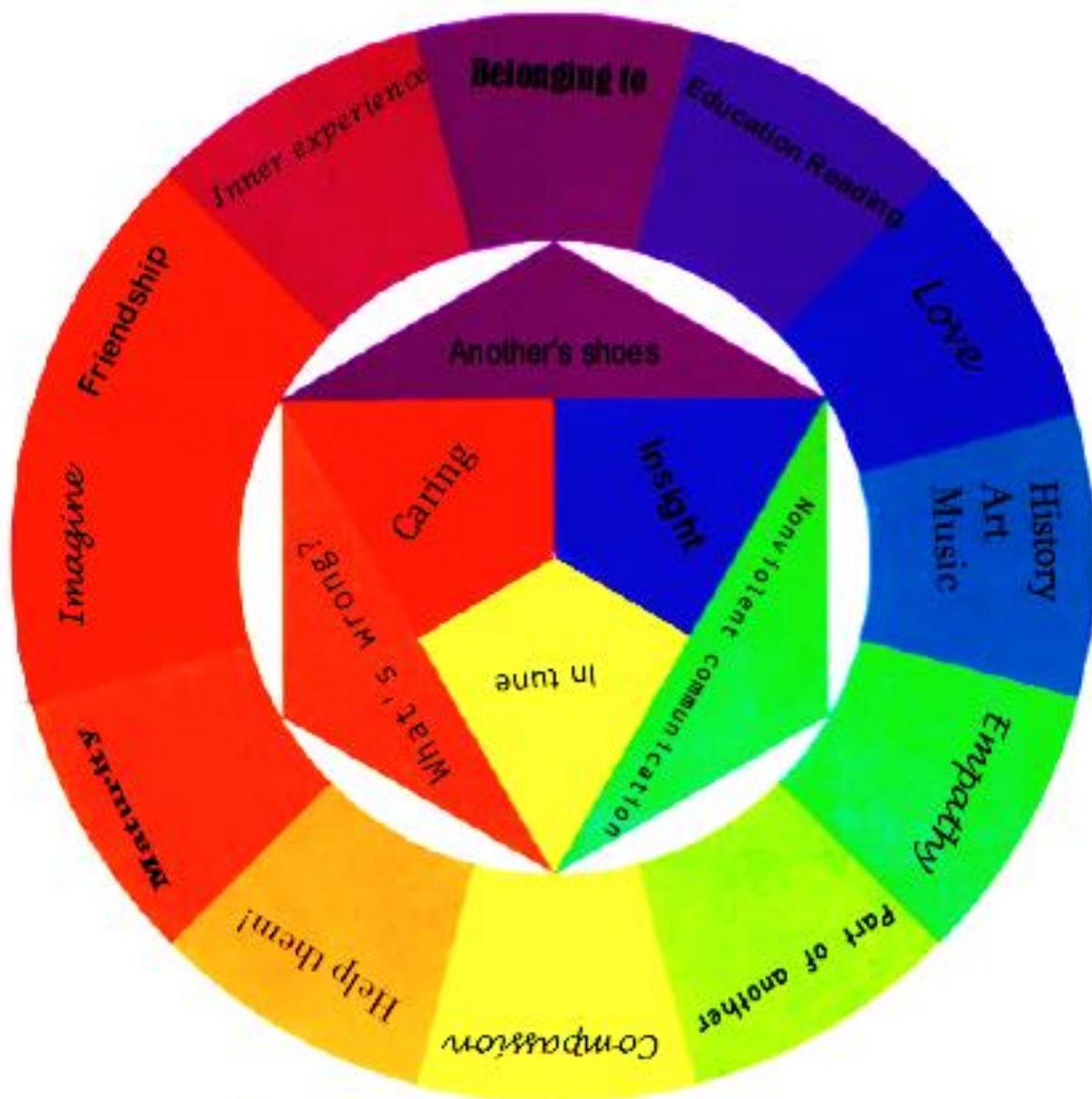
Answer

This brain magic trick is a reflex. It's like tapping on your knee and your leg jerks up. But here, the reaction is to open and close the pupil like a camera so that the right amount of light helps you to see. It involves the "Mickey the Mouse" area of the brain. Abra Kadabra!



EMPATHY WHEEL

Empathy is the ability to understand the difficulties and troubles of others. The EMPATHY WHEEL contains compassionate and understanding words and phrases often helpful in providing support and comfort to those with problems. Practicing the use of these words and phrases is similar to working scales on the piano, dribbling a basketball, or jumping rope. Give it a try! Try it together! Master a new skill!

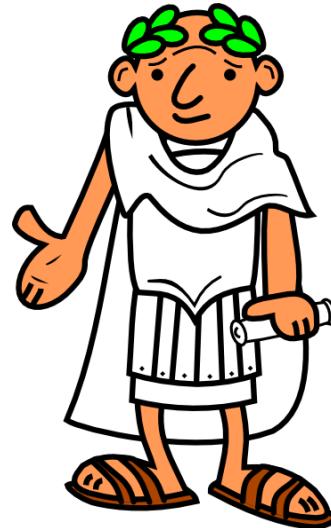




GLOSSARY

This is a list of words and their meaning found in this booklet. These are fun terms. Special spelling is also used to help with saying these words correctly.

Here are a few. Most are from Latin, the language of the Romans, like the



Emperor Augustus.

Some are from Greek roots, the spoken

word of Socrates and Plato.



Amaze yourself, teachers,
and friends.

Diamond or Rhomboid – (rom-boy-d) an area of the lower brain stem that helps control your heart and lungs, and sometimes makes you throw-up.

Little Hills or Colliculi – (col-lick-you-li)
Four little hills, like a bridge over a tiny

river, deep in the middle of the brain, to help turn your head to see your teacher and hear the direction of her voice.

Knee or Genu – (*gain-ooh*) a bend of fibers, located under the surface and deep in the brain, helping with touch when you stroke your kitten or throwing your doggie a bone.

Mickey the Mouse or Midbrain (Mesencephalon) – (*me-zen-ceph-ill-on*) located under the colliculi that also helps your pupil to open and close, and move your eyes and neck from side to side.

Pyramid or Medulla – (*peer-a-mid; mid-you-la*) a bundle of nerves in the lower

brain stem to help control your arms and legs when you ask them to do so, like skipping, throwing a ball or using a pencil.

Ribbon or Fasciculus - (fas-ick-u-lus) a package of nerves, in the Mickey the Mouse midbrain helping to move your eyes together, up and down, and side to side too, like on a train looking at poles.

Tree or Arbor Vitae (Cerebellum) – (are-bor vit-A; sara-bell-um) a roll of nerves in the back part of the brain called the “Tree of Life”, helping you touch your nose and not pocking your eye instead.

Sea Horse or Hippocampus - (hip-O-camp-us) a deep brain area helping with memories, such as remembering your birthday or eating ice cream last summer at a baseball game.

Wings or Pterygoids (Plates) – (tear-ee-goids) the spinal cord looks like a butterfly; also, the flying dinosaur or pterodactyl bony wings of the noggin (skull) attach to your chewing muscles.

Saddle or Sella Turcica – (sell-a-terse-aka) a middle bone in the skull or “bean” that looks comfortable to sit upon, accurately called a “Turkish saddle” for horses, and camels too.

Palace or Palatine – (pal-a-tine) a bone of the “bean”, “or noodle”, or “brain box”, named after one of the 7 hills of ancient Rome with palaces upon it, giving shape to your cute face.

Twins or Gemini – (gem-in-eye) twin brothers of mythology, named Castor and Pollex, who are lookalikes for a special nerve helping you to chew your dinner (even Brussels sprouts), feel your face, blink your eyes, and “ouch” when you bite your tongue.