The Three Brains Activity

When to use: routine self-care; building daily regulation habits; linking mind–body**.**

Time: Individual activities (separate timings are provided for each) or 35-50 minutes.

Find it: For Professionals, Practitioners & Volunteers » Mind Works » The Three Brains.

Recommend: Before the session begins watch 'The Three Brains: Meet the Band' video. (For Professionals, Practitioners & Volunteers » Mind Works » The Three Brains).

Your **head**, **heart** and **gut** constantly 'talk'. When they're in sync, self-regulation is easier; when they're out of sync, we feel off-balance. Simple routines (breathing, movement, rhythm, food/sleep) help realign.

The learning bit...

- Understand the connection between their brain, heart, and gut, and how this can affect their overall wellbeing.
- Reflect on their own mind-body connection and consider ways in which you can maintain or improve our emotional, physical and gut health.
- Recognise the impact that music can have on wellbeing and create a practical tool that can be used to increase focus and improve mood.



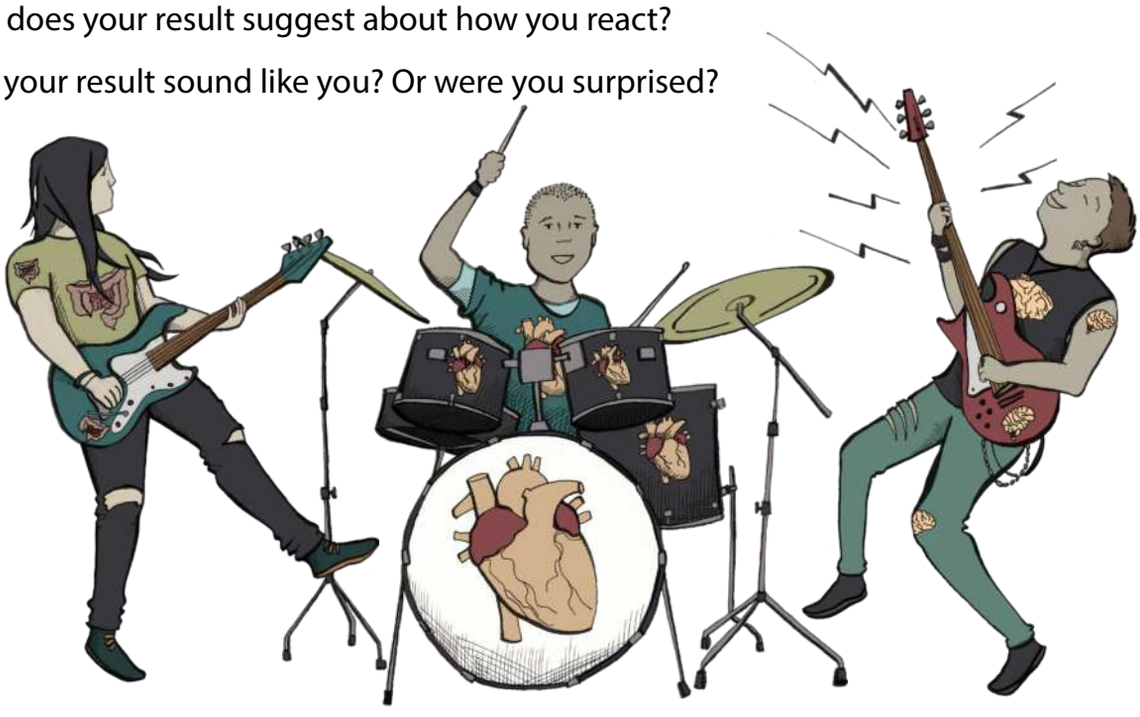
Activity 1 (20-25 mins)

THE THREE BRAINS QUIZ

Now we've learned about the three brains and our mind-body connection, let's find out whether your three brains are currently in sync. (For Professionals, Practitioners & Volunteers » Mind Works » The Three Brains » Learn More » Go to the Gig). The quiz has six questions and should take around three minutes.

Share and discuss your results.

1. Talk about which record-type you got.
2. What does your result suggest about how you react?
3. Does your result sound like you? Or were you surprised?



Activity 2 (5-10 mins)

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How can we keep each of our 'brains' healthy? Create a body-mind connection 'cheat sheet' to look back on when you're feeling out of sync. Come up with one or two things you could do to improve emotional health, physical health and gut health.

Emotional Health	Physical Health	Gut Health
e.g talk to someone you trust	e.g go outside for a walk	e.g drink water

Activity 3 (10-15 mins)

The right song can set the mood. The connection between music and our mind-body connection is real and music can have a positive effect mentally and physically. It can trigger the release of dopamine, our 'joy' drug, in our brain which helps you focus and improves mood.

Why not create your own mood-boosting playlist?

1. Write down songs or pieces of music that help you to feel:
    a. Relaxed
    b. Energised or happy
    c. Comforted when sad
2. If you're in a group, you could always create a group playlist and share ideas among you – you might come across a new favourite tune or artist!
3. Have a look at our own playlist, created by young people, for some inspiration or to add to your own list.

The ThreeBrains

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