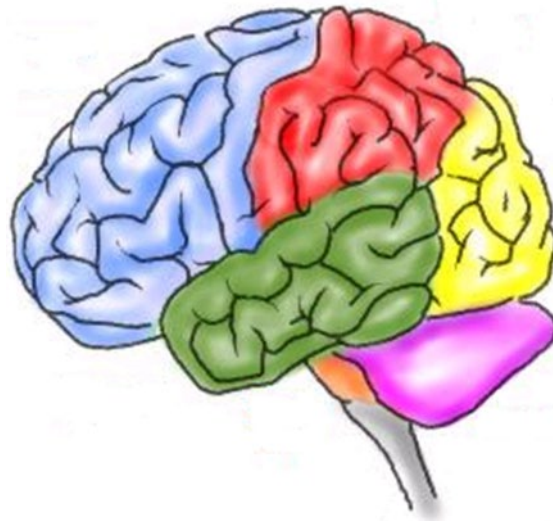
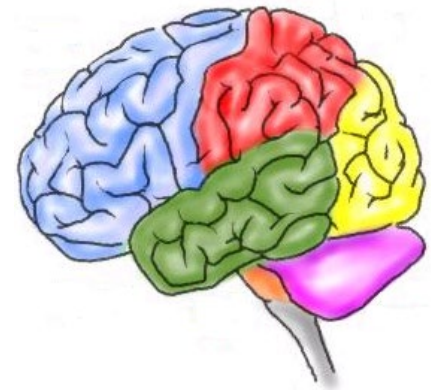


# Lets learn about our brains



# What are we going to do this week?

- Learn about our brain, what it does and why we need to look after it
- Understand how you can acquire a brain injury
- Understand how a brain injury affects the way a person thinks, feels and responds
- Understand why any friends or family who have an acquired brain injury will need your help.

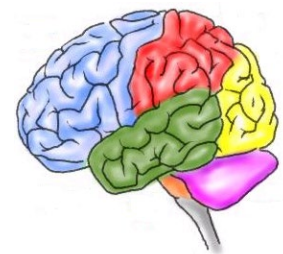


# What is the brain?



# What is the brain?

- Some facts about the brain...
  - If you were to look under the microscope you would see that the brain is made of 100 billion nerve cells called neurons
  - The brain weighs 3 lbs (almost as big as a bag of flour)
  - The brain is made of 75% water
  - When you were born you had almost all of the brain cells you will ever have
  - Your brain will keep growing until you are about 20



# What does the brain do?



“The brain could be seen as the central control station of the body or a very powerful computer.”

# What does the brain do?

Input → Process → Output

e.g.

touch → think → react



# What does the brain do?



Thinking

Talking

Memory

Movement

Tell right from wrong

Smell

Taste

Being tired

Feelings

Organising

Playing

Make decisions

Vision

Hearing

Behaviour

Social skills (being friends)



# What can injure the brain?





# What can injure the brain?

- Traumatic (eg an accident of some kind)
  - Bangs to your head,
  - Fast, sudden movement of your head
- Non-Traumatic
  - Illness
  - Poisons
  - Tumour
  - Stroke



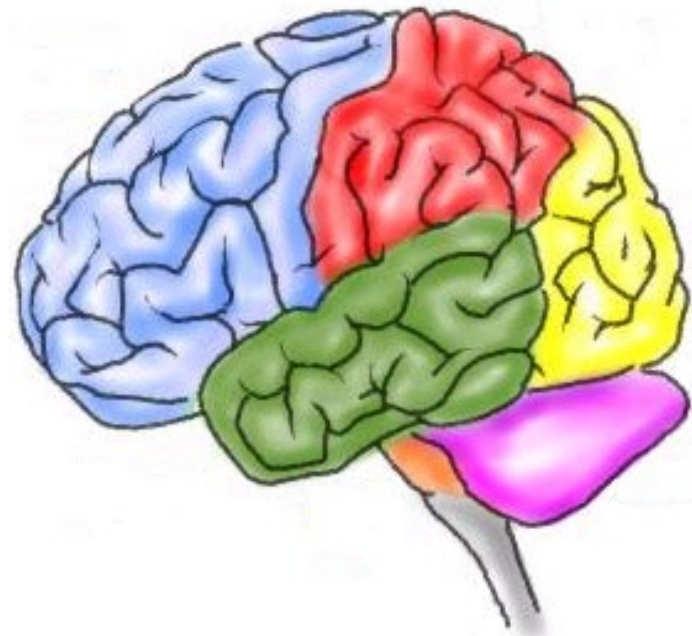
# What are the effects of a brain injury?



# What are the effects of a brain injury?

Some people have difficulty with some or many of these things:

- Concentration
- Headaches
- Stress
- Senses — taste, touch, sight, hearing, smell
- Memory
- Movement
- Tiredness
- Speech
- Behaviour



# What can you do to help a person when they have injured their brain?



# What can you do to help a person with an acquired brain injury?

- Accept changes
- Remember why these changes are happening
- Listen
- Be patient
- Be a real friend

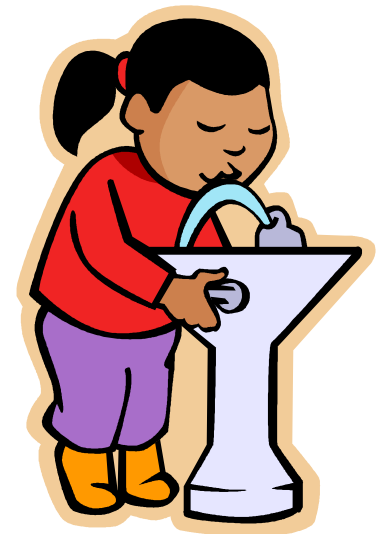


# What can we do to take care of our brains?



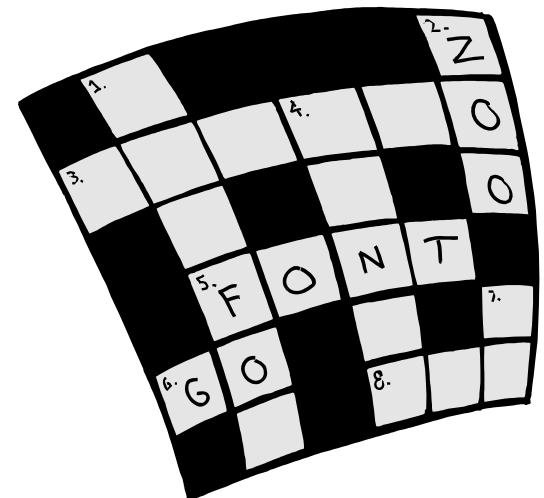
# What can we do to take care of our brains?

- **Eat healthy foods.** They contain potassium and calcium, two minerals that are important for the nervous system.
- Wear a helmet when you ride your bike or play other sports that require head protection.
- Wear a seatbelt when travelling in the car.
- Tell someone when you don't feel well.
- Drink lots of water.
- Stop and look both ways before crossing the road.



# Keep your brain active

- Try these activities to keep your brain healthy;
  - Try brushing your teeth with your other hand
  - Do puzzles like sudoku, wordsearches or cross words.
  - Learn a foreign language.
  - Play outside, the fresh air and exercise will do you good.
  - Try listening to classical music.





# What to do if someone else is unwell

- If someone else is unwell, including if they bump their heads you should:
  - Keep yourself safe
  - Get someone else to help
  - Only help the other person if it is safe to do so.



# What to look out for if someone else bumps their heads



- If someone bumps their heads tell someone if they:
  - Are confused
  - Are finding it hard to stay awake
  - Are not responding to questions
  - Have any visible injury

**Thank You**  
for learning about your brains from  
all the team at the **Child Brain Injury**  
**Trust**

*We hope you learn a lot  
and **HAVE HAD FUN!***

