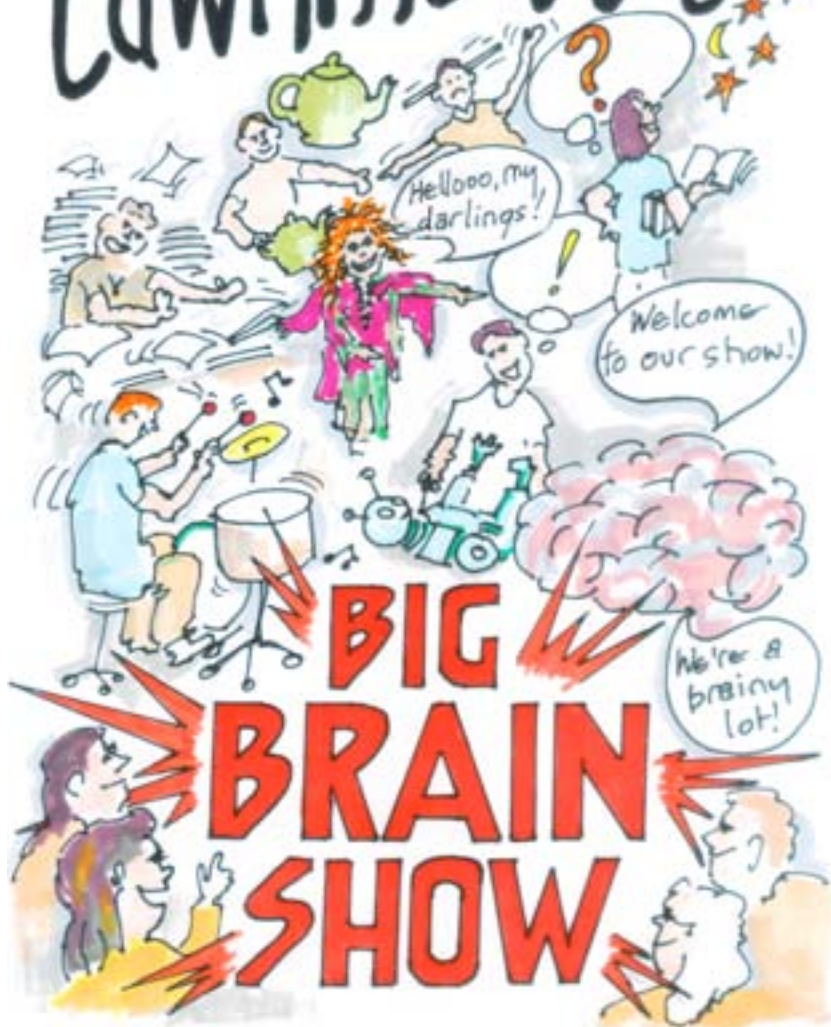


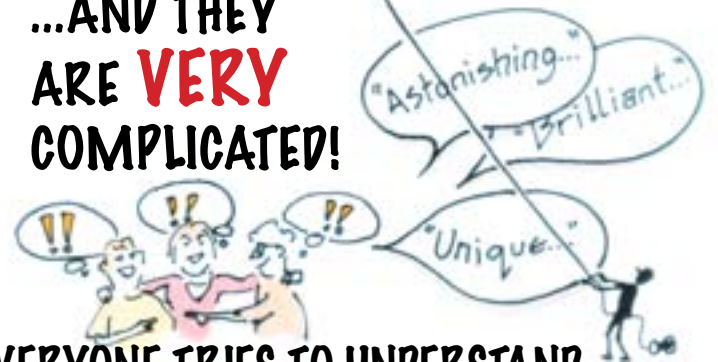
# The Lawnmowers



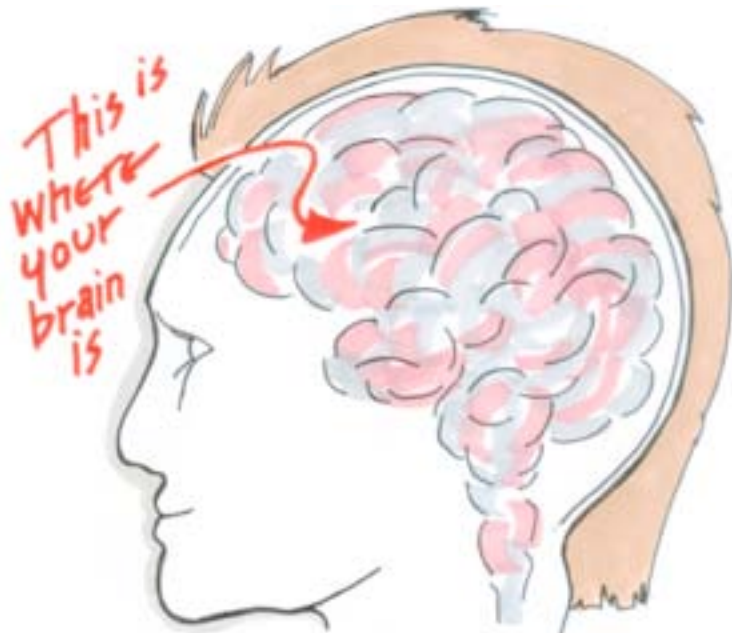


# OUR BRAINS ARE AMAZING!

...AND THEY  
ARE **VERY**  
COMPLICATED!



EVERYONE TRIES TO UNDERSTAND  
HOW THEY WORK - BUT WE STILL  
KNOW VERY LITTLE...



IT'S A SQUIDGY THING, ABOUT THE SIZE OF A GRAPEFRUIT, HEAVIER THAN A LARGE BAG OF SUGAR, PROTECTED BY YOUR SKULL



**OUR BRAIN NEVER STOPS WORKING...**

IT'S LEARNING ALL THE TIME - AND DOING BILLIONS OF THINGS EVERY SECOND...



**...ESPECIALLY WHEN WE ARE ASLEEP**



# OUR BRAIN SORTS OUT EVERYTHING WE DO...

...AND HELPS US PLAN AND ORGANISE OUR LIVES



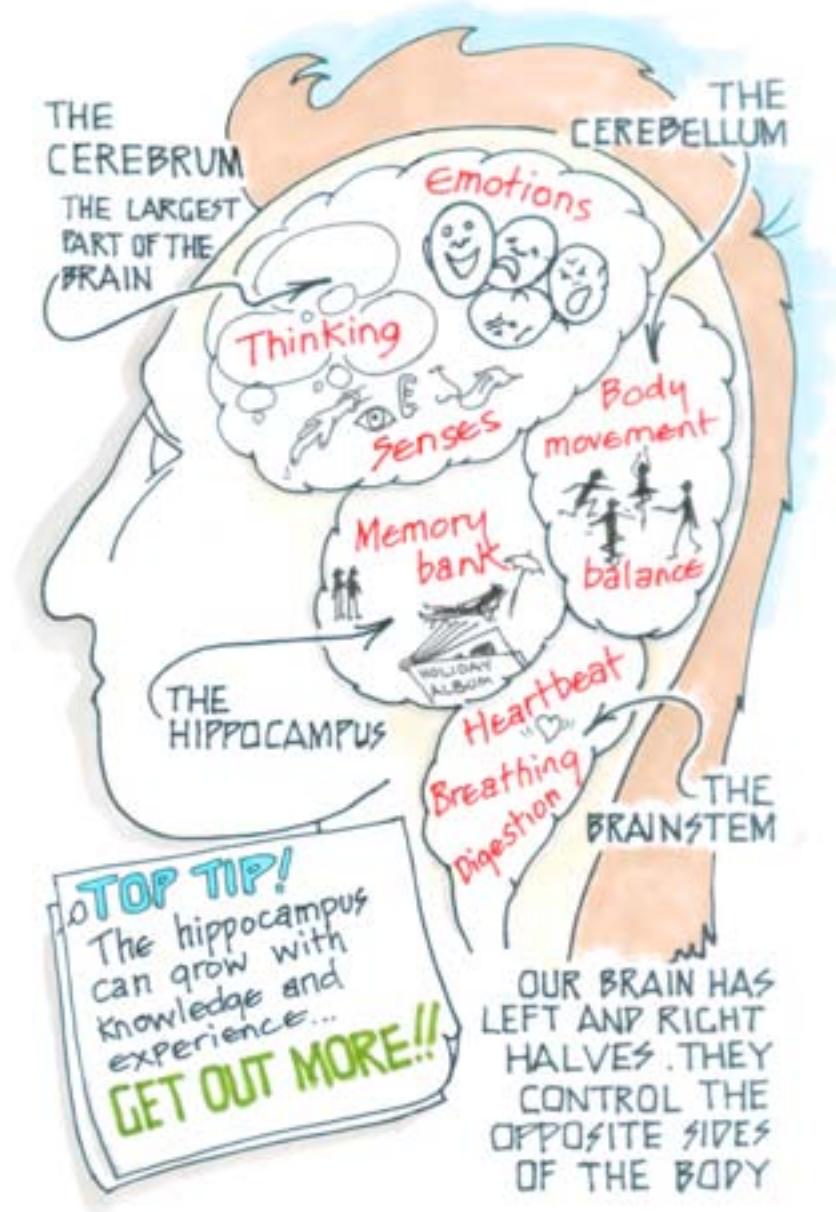
## THAT'S WHY WE NEED TO LOOK AFTER IT

THINK ABOUT IT

\* WHAT DO YOU LOVE TO DO?

TALK ABOUT IT

\* WHAT MAKES YOU HAPPY OR SAD?



**TOP TIP!**  
The hippocampus can grow with knowledge and experience...  
**GET OUT MORE!!**

OUR BRAIN HAS LEFT AND RIGHT HALVES. THEY CONTROL THE OPPOSITE SIDES OF THE BODY

# OUR BRAINS ARE MADE OF BILLIONS OF NEURONS

- TINY, TINY NERVE CELLS THAT CONNECT WITH EACH OTHER



# OUR BRAIN TAKES IN EVERYTHING THROUGH OUR SENSES



# SO...

## WE NEED TO CARE FOR OUR BRAIN

### IT NEEDS:

• PLENTY TO DRINK



• GOOD FOOD



• EXERCISE



• PLENTY OF SLEEP



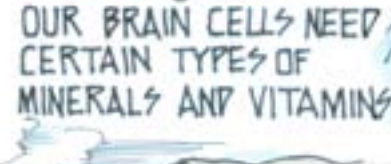
THINK ABOUT IT

\* HOW DO YOU GET A GOOD NIGHT'S SLEEP? \*

TALK ABOUT IT



BRAIN CELLS NEED LOT OF WATER TO WORK WELL.  
- TOO MUCH ALCOHOL IS NOT GOOD FOR OUR BRAINS



OUR BRAIN CELLS NEED CERTAIN TYPES OF MINERALS AND VITAMINS



OUR BRAIN NEEDS OXYGEN  
EXERCISE MAKES OUR HEART BEAT FASTER AND GIVES THE BRAIN MORE OXYGEN

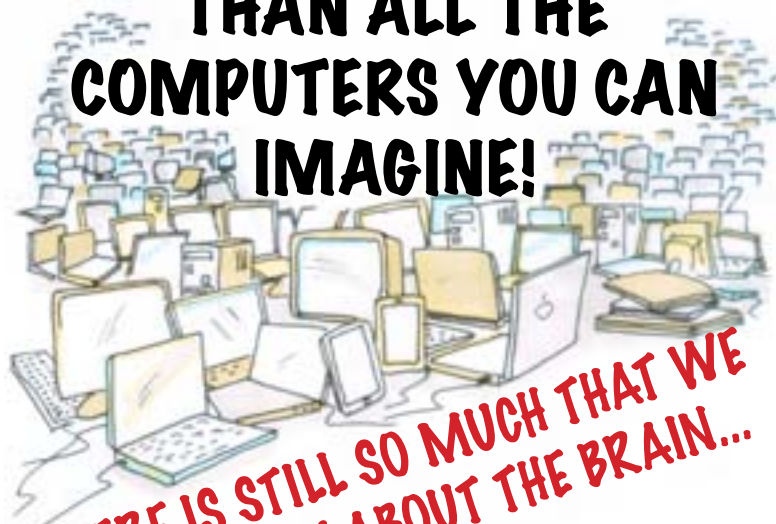


THE BEST WAY TO GIVE OUR BRAIN A TREAT IS A GOOD NIGHT'S SLEEP!  
— 7 OR 8 HOURS —

**TOP TIP!**  
Eat fruit and vegetables whenever you can!



**OUR BRAIN IS MUCH MORE COMPLICATED THAN ALL THE COMPUTERS YOU CAN IMAGINE!**



**THERE IS STILL SO MUCH THAT WE DON'T KNOW ABOUT THE BRAIN...**

ALL OVER THE WORLD PEOPLE ARE TRYING TO WORK OUT HOW THE BRAIN WORKS

- Why do we sleep and dream...?
- How do we keep - and find our memories?
- How do we move and react...?

SO, YOU SEE, OUR BRAINS REALLY ARE AMAZING!

# USE YOUR



Find out lots of things



Ask questions

Learn from your mistakes

oops!

Don't let other people think for you



# BRAIN!



Be happy

Exercise Well



Eat well



KEEP THINKING

THERE IS NO LIMIT TO THE IDEAS WE CAN HAVE!

There are lots of websites about the brain - find them for yourself...  
**..USE YOUR BRAIN!**



# The Lawnmowers<sup>★</sup>

## INDEPENDENT THEATRE COMPANY

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