

## My Super Brain –

### How to Make It Stronger?

**Metacognitive skill targeted:** Imagine you're a superhero in your own head! You have a special power inside you that helps you learn even better. How does it work? It's simple! When you find a tough task, brainstorm! That means coming up with as many ideas as you can to solve it and then picking the best one. Brainstorming helps you plan your learning better, check what you already know, and find ways to overcome difficulties, just like a real superhero!

#### When to use the Brainstorming Tool?

Use brainstorming when you have a difficult task, want to learn something new, or just want to think about how your learning is going and what you can do to make it even better! This tool will help you understand how your brain works when you're learning.

#### What you'll do:

The “My Super Brain” brainstorming activity will help you discover how you learn best and what you can do to make learning easier and more fun.

#### What You'll Need:

- A printed or drawn “My Super Brain” brainstorming template.
- Crayons, markers, or pens in different colours.
- A desire to think about how you learn!
- A quiet moment to think.

## How to use it?

- Step 1: Look at the centre. Find the title: "My Super Brain – How to make it stronger?" That's our main question!
- Step 2: Answer the questions. Look closely at each colourful cloud. Each one has a different question that will help you think about how you learn.
- Step 3: Draw or write. Next to each question, there's a space for you to draw your idea or write a short word. Don't worry if something is "wrong" – these are your ideas!
- Step 4: Think about everything. Try to fill in every cloud. The more ideas, the better!
- Step 5: At the end, choose 1-2 ideas you want to try out in real life.

## About this Template

Imagine a poster or a big piece of paper with a drawing of a big, friendly head (or a person thinking) in the middle. This head is smiling and looks like it's "thinking" From this central head, colourful, wavy arrows spread out, leading to smaller clouds with pictures and simple questions.

- Central Head: This is a symbol of your brain and your ability to think about thinking! You can practice this ability 😊
- "What do I already know about this?" (Magnifying glass): Here, think about what you already know about a topic. It's like checking what's in your "knowledge storage".
- "How can I learn this?" (Stairs): Here, write down different ways that can help you learn something new, like reading, watching videos, taking notes, or asking questions.
- "How do I know I understand it?" (Thermometer): Think about how you'll check if you know everything. Can you explain it to a friend? Can you solve the problem?
- "What will I do if I have a problem?" (Key): Here, write down what you do when you run into difficulties. Will you ask for help? Will you try again? Will you change the way you're learning?
- "What did I do well? What am I proud of?" (Medal): It's important to notice your successes! What went well for you? What did you achieve?
- "What else can I improve or learn?" (Lightbulb): This is a spot for new ideas and goals. Think about what else you can do to get even better at learning.

## Tips for Reuse / Continuation

- You can use this tool whenever you start a new topic at school, before a test, or when you just feel like you want to better understand how you learn.
- After you finish filling it out, talk about your ideas with your teacher, a parent, or a friend. Sometimes, thinking together leads to the best solutions!
- Keep your filled-out sheets. After some time, you can go back to them and see how your thinking about learning has changed. You'll see how much you've learned about yourself!

What do I already know about this topic?



How can I learn this?



# MY SUPER BRAIN

## HOW TO MAKE IT STRONGER?

What do I do if I have a problem?



What did I achieve?  
What am I proud of?



How do I know  
I understand this?



What else can I improve or learn?

