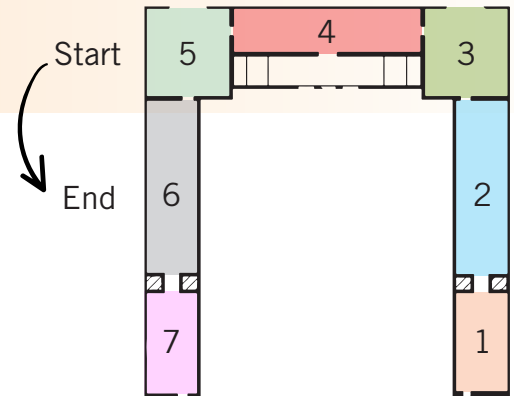


GROUP E

Room 5: Remembering – Thinking – Learning

Room 6: Motion

① Are you ready to find out how powerful your brain is? Take a walk around the room and pick out a station to try out together. Which station did you choose and why? What did you learn about yourselves? Jot down your discoveries.

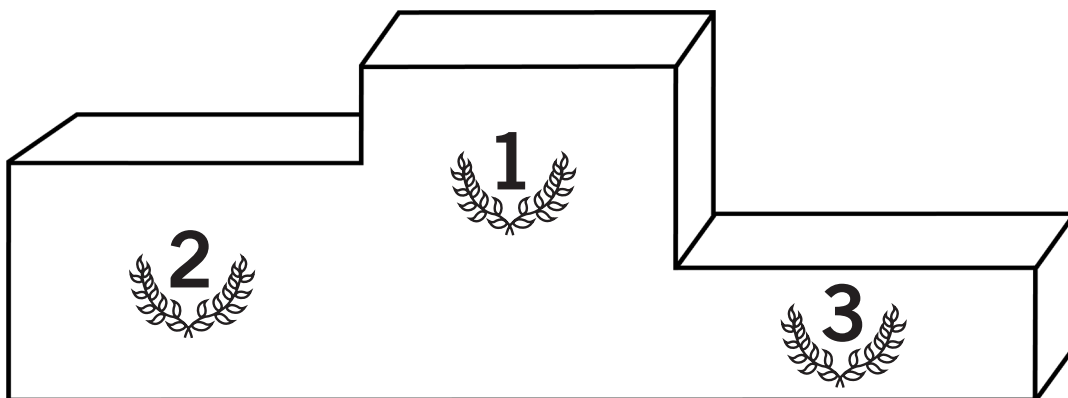


② Together find the station 'Optische Wahrnehmungsphänomene' or *Perception of Optical Phenomena* (which is just a fancy way of saying optical illusions) on the table next to the big brain. Look for the black box with 8 plastic boards. Now find the plastic board with the title 'Donguri Welle' or *Donguri Waves*.

a) Are the rows of almonds moving or staying still? Can you make them stop moving? If you were able to get them to stop moving how did you do it? Check all that apply.

Relaxing Straining Something else

③ Every learning experience is tied to emotions. We learn best when the emotional centre of our brains is activated. What activities are you currently excited about? Is it a class at school or a hobby? Rate your activities based on how enthusiastic you are about them. Which activity is your absolute number 1?



GROUP E

Raum 5: Remembering – Thinking – Learning

Raum 6: Motion

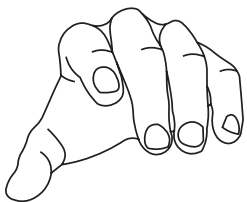
④ Your brain is very powerful. Throughout your day, you use your brain for every job and movement you do. Look around the room for the 'Heiß-Kalt-Spirale' (The Hot and Cold Spiral). Lay your hand across the device. What do you feel? How does your body react to the sensation? Why did your body react the way it did?

Reaction: _____

Reason for the reaction: _____

⑤ Our senses are always on and ready to take in information about the world. Our brains however must decide which pieces of information are important and which ones aren't. In this way our brain is acting like a filter. Without this filter process we would be constantly overwhelmed by the stimuli all around us. The **thalamus** is the region of the brain that does this filtering for us. The thalamus gets better at filtering information over time. This is partly why children, especially small children, have difficulty focusing and are often easily distracted. Maybe you are easily distracted too. The good news is we can train our thalamus to be more focused anytime. Let's try it now.

a) Find the station 'Form und Oberfläche' (Form and Surface) next to the hot and cold spiral. Put your hand inside the black boxes without peeking. Can you 'see' the objects clearly by just feeling them? Identify the objects in the boxes below.

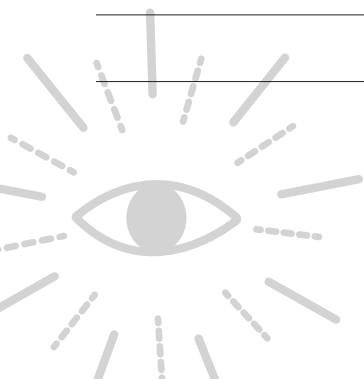


1. • _____
• _____
• _____

2. • _____
• _____
• _____

3. • _____
• _____
• _____

✦ Discuss the following: 'If you stare at screens all day, you won't give your thalamus enough exercise or work to keep it strong.' What does this mean? How does heavy screen usage change our ability to read a book, focus in class, or even enjoy a simple day in nature?



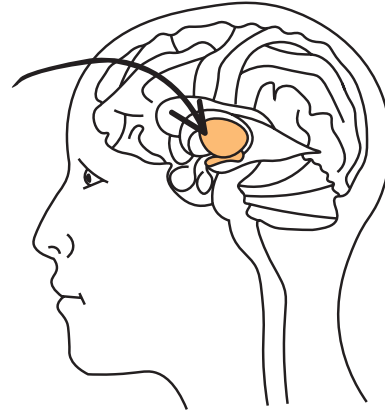
GROUP E

Raum 5: Remembering – Thinking – Learning

Raum 6: Motion

Quick quiz! What is the name of the part of the brain that filters the information our senses bring in?

___ H ___ A ___ S ___



6 True or false? Movement makes us happy!

a) Have you ever tried to be perfectly still? Is it possible to not move? Let's try it out. In pairs, stare deep into each other's eyes. How long can you maintain eye contact without blinking?

_____ seconds

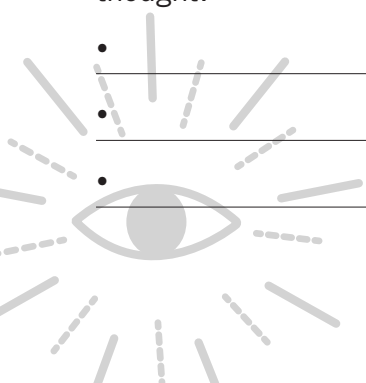
b) A **reflex** is a body movement that you can't control with your conscious thought. Blinking is one type of reflex. Why do you think blinking is an important reflex?

c) What other parts of our bodies are **not** controlled by conscious thought? Circle all that apply.

Heart	Circulatory System	
Lungs	Toes	Ears
	Arms	
	Legs	Head

d) Look around the room. Can you find any models of body parts that do their job without our conscious thought?

• _____
• _____
• _____

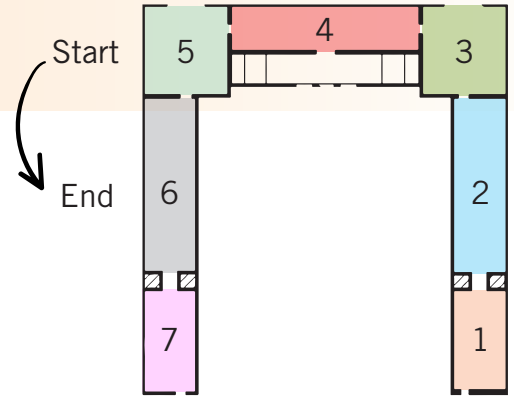


GROUP E

Raum 5: Remembering – Thinking – Learning

Raum 6: Motion

7 It's time to head into Room 6 of the exhibition where we will learn all about movement! On the left wall you'll find a black monitor with white dots of light and a control panel with 5 regulators. The lights represent a moving figure. Control the regulators to see how the figure's movements change.



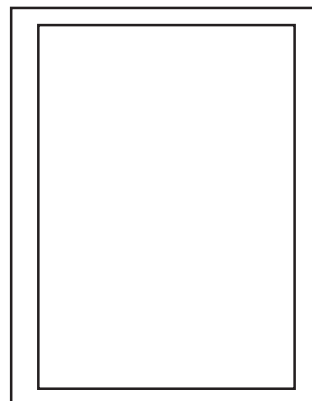
a) What are some of the things you noticed? How much can we tell about a person by the way they move their bodies?

b) The media station that you just tried out makes a difference between masculine movements and feminine movements. Do you think that's sexist? Or do men and women really move differently. If so, do you think the difference is biological or something else?

c.) Stand in front of the mirror just behind the panel with the dots of lights. Now take a selfie of yourself in your best power pose! Describe a situation in which adopting a self-confident posture is advantageous. Do your power poses change the way you see each other?

Name 3 situations where adopting a confident pose can help you out:





Sketch your coolest power pose!

GROUP E

Raum 5: Remembering – Thinking – Learning

Raum 6: Motion

8 Whether it be sports or dance or playing a musical instrument, if we practice regularly our nervous systems will adapt accordingly. That means that over time, we not only get better at what we do but we feel better while doing it!

a) Try out the green balance beam in the middle of the room. Each of you can try it out multiple times. Who was able to walk the whole length without making any mistakes?

Everyone No one Almost everyone

b) What kind of movements do you like to do and why do you like doing them?

I like movement that allows me to compete! I like to move but I don't like to compete!

Other

For me it is important that movement...



Opinion Check-In

The human brain is a command station that steers our thoughts, feelings, and behaviours. Why do we learn through movements? Share your thoughts with the group!

