



Brain Level 1

Faiza

Pre-school

Dua for Learning

رَبِّ زِدْنِي عِلْمًا



What it means:

O my Lord! Advance me in Knowledge

Transliteration:

Rabbi zidni ilman

Qur'an Surah Ta-Ha [20:114]

Kids:

By saying this dua Allah helps you learn and become smarter!

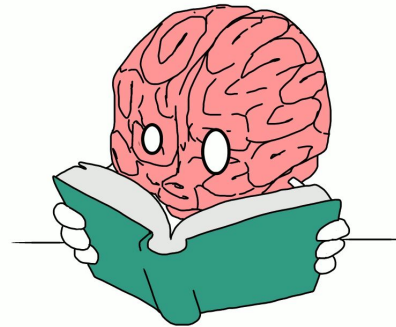
Mum and Dad:

Teach your kids to say this every time they want to learn something or if something better.



Allah swt gave us humans something that we store millions of information in what is that?

Brain!





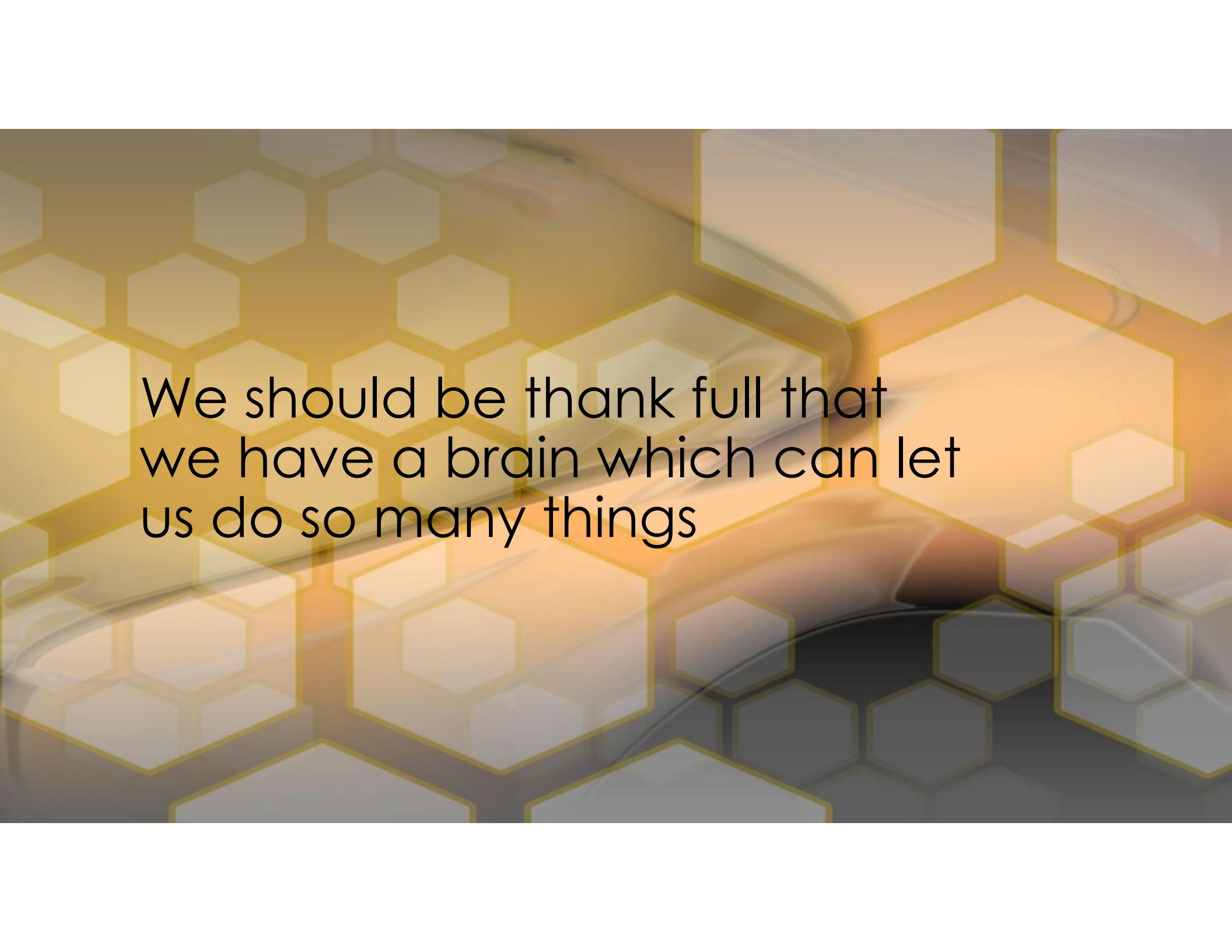
Allah swt gave us a brain so
we can?

See, Read , Think , Worship Allah swt!



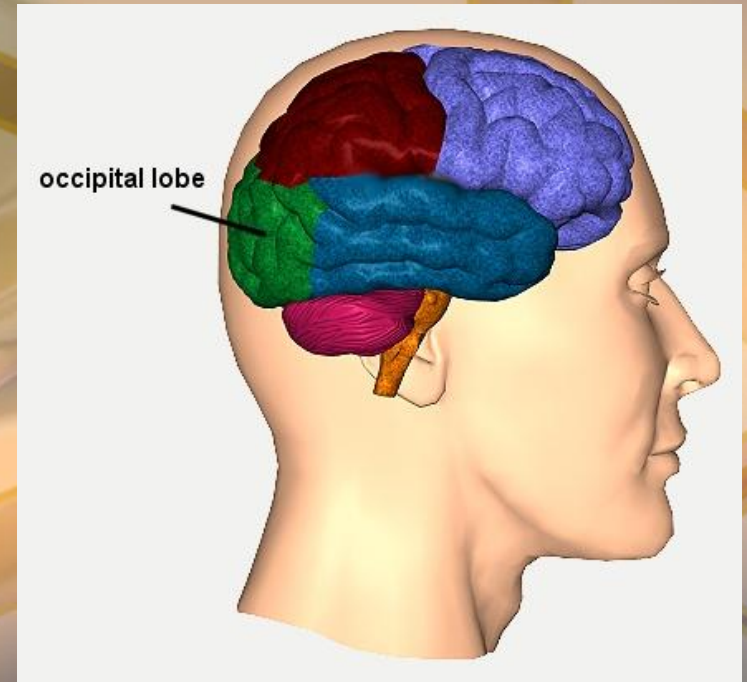
Can we do anything
without our brain?

NO! Without our brain we cant do anything



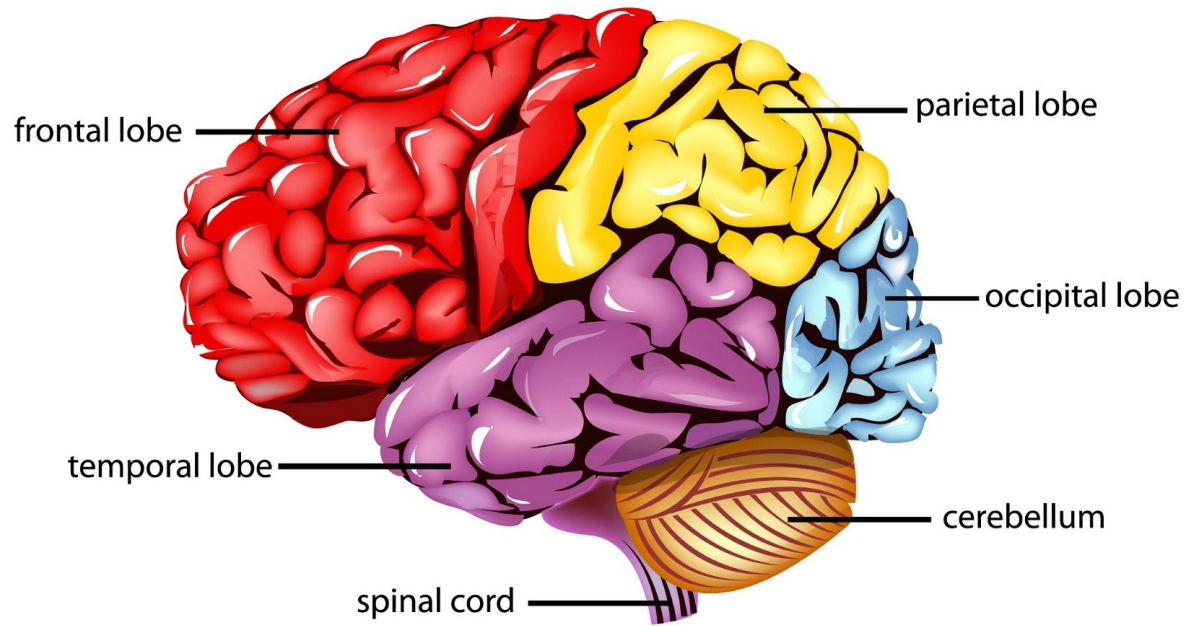
We should be thank full that
we have a brain which can let
us do so many things

- Where is our brain located ?
- What does it look like?
- What does it help us do?



Parts of The human Brain Lets Say them together !

Parts of the Human Brain



Allah swt gave us 5 special things
can you guess what those 5 special things are?

–Allah swt gave 5 senses



SIGHT



TOUCH



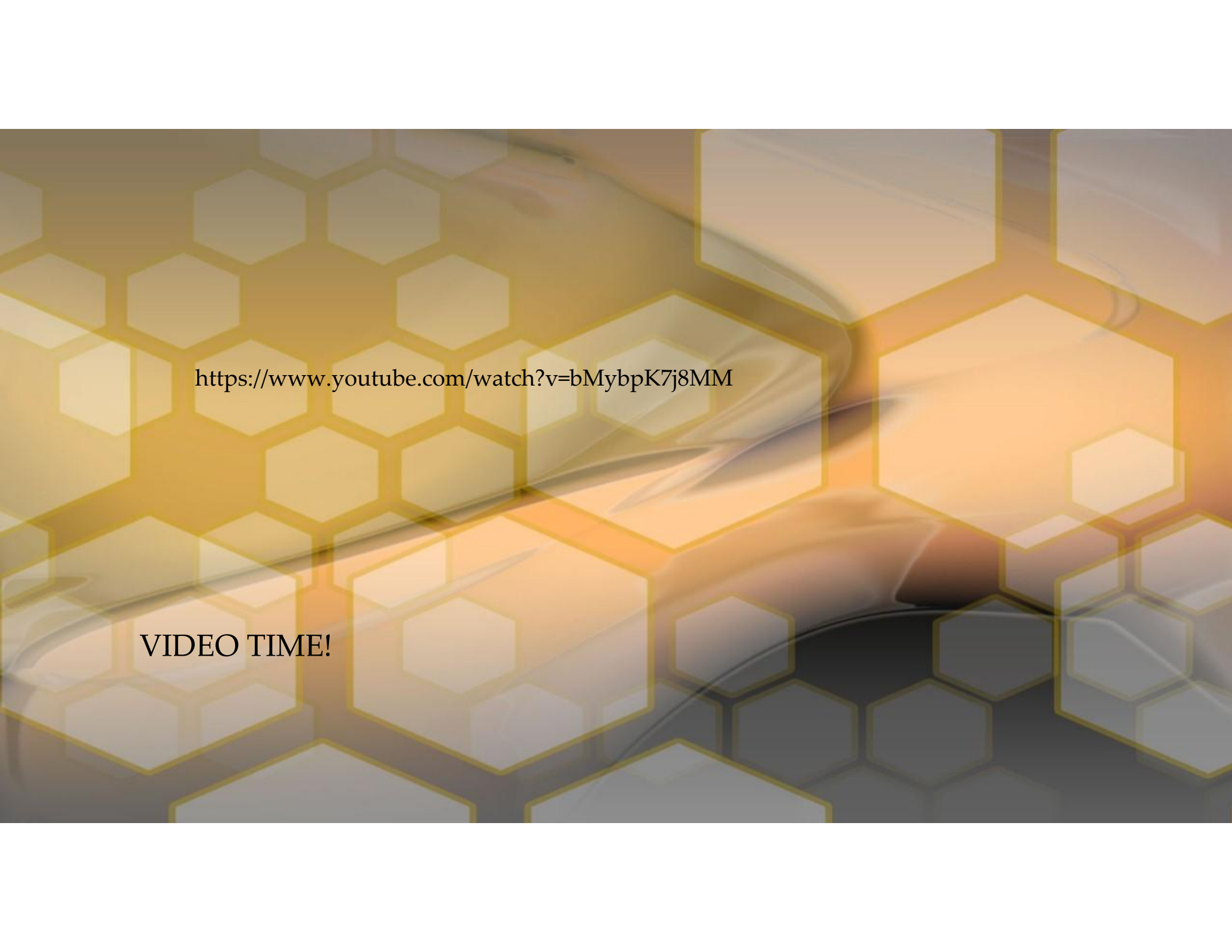
TASTE



SMELL



HEARING



<https://www.youtube.com/watch?v=bMybpK7j8MM>

VIDEO TIME!

What cant we without our sight?

- We cant see the quran , our parents, etc
- What more?

What cant we do without our sense of smell?

- We cant smell our favourite foods (popcorn)
- What are your favourite foods?
- What more cant you smell?

What cant we do without our hearing?

- We cant hear the adhan
- we cant hear the quran
- we cant hear our parents calling our names
- What more?

Without our sense of touch we cant do what?

- We cant feel anything (touch)
- we cant feel the soft surfaces
- the hard surfaces
- we cant feel the hugs from our parents!
- What else?

We should be thank full and say Alhumdulillah!

- We should be thankful to Allah swt and say Alhamdulillah for all of our 5 senses!
- <https://www.youtube.com/watch?v=nCelHUKAQbA>

HOW DO WE PROTECT OUR BRAIN?



Concussions

- What is a *concussion*?

CONCUSSION = A type of Brain Injury!

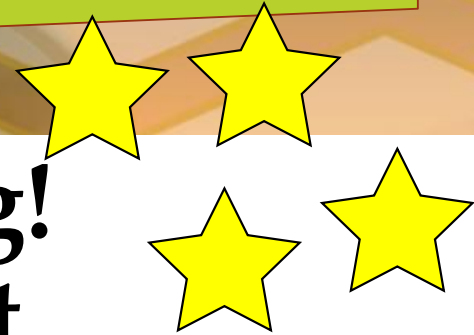
Any blow to head, face, neck or body, which causes sudden jarring of the brain inside the skull may cause a concussion.a=

Concussion Symptoms

PHYSICAL	COGNITIVE (THINKING)	EMOTIONAL
Loss of consciousness (Blanking out for a moment)	General confusion (Being Confused)	"I don't feel like myself"
Headache		
Nausea or vomiting (Throwing up or feeling like throwing up)	Difficulty remembering (Can't remember as well as before)	Sadness
"Pressure in the head"		
Dizziness	Difficulty concentrating (Find it hard to focus/concentrate)	Moody, grumpy (irritable)
Low energy (Tired)		
Sensitivity to light or noise (Lights or noise bother me)	Feeling like "in a fog"	Nervous or anxious

S-T-A-R

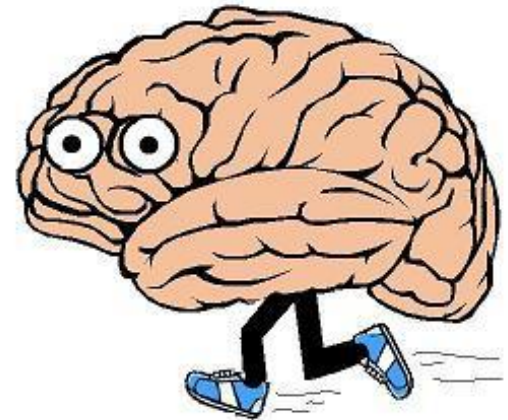
Stop Playing!
Tell an adult,
Get **A**ssessed, and
Rest!



Summary

Q: Why is it important to protect our brain?

- S m e l l
- T a s t e
- V i s i o n
- H e a r i n g
- T o u c h
- Also because our brain is very fragile



How do we protect our Brain?



2-V-1 Rule

Wear it right

Know your helmet salute



2

Two fingers above your eyebrow to the bottom of your helmet.



V

Four fingers to make a V-shape around the bottom of your ears.



1

One finger under the strap beneath your chin.

Questions

Q: Should you wear a helmet over a baseball hat or ponytail?



ADAM.

Nasheeds

- <https://www.youtube.com/watch?v=fQafeb2Yc5k>

Activity time!

- Simons says (5 senses)
- Life without a sense
- Using play doh make your brain
- Worksheets
- Color your brain!