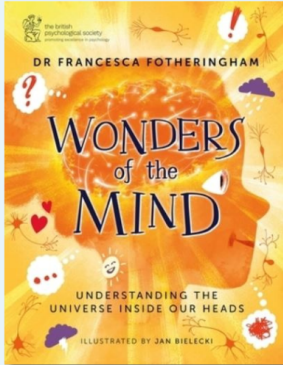


Wonders of the Mind

Dr Francesca Fotheringham

Illustrated by Jan Bielecki

BOOK TALK CARDS



ABOUT THE BOOK

Wonders of the Mind is a beautiful and powerful look at the workings of the brain and the complexity of the mind. Explore the chemical messages that guide our bodies, the changes brains and minds undergo as they grow, our emotions, memories and the power of sleep.



OUR THOUGHTS

“Full of fascinating facts about the mind and the brain, great for a dip-in read or to pore over for hours. Ideal for schools and libraries alike.”

KS3

THEMES:

- Psychology
- Brain
- Emotions
- PSHE

TIME TO TALK

- 1 What do we call scientists who study the brain? This is different to those who study the mind, what do we call these scientists?
- 2 The brain has many different functions and does a lot of incredible things, what are some of these functions?
- 3 The brain uses chemical messages to send signals around the body, what are these called? How are these different to Hormones?
- 4 What is the impact of social media on mental health? How does Freya's obsession with getting likes on her videos and the desire to become an influencer affect her well-being?
- 5 Our complex minds help us to deal with complex emotions leading to how we may react to different situations, sometimes we can become overwhelmed with these emotions – what techniques do you think we can use to help calm us? Is there anything you like to do to help you feel less overwhelmed in a situation?
- 6 Sleep is important for our physical health, why is this also important for the Brain? What other things can we do to keep our brain healthy?
- 7 What is Neurodiversity and why is it important that we embrace it?
- 8 What role does culture and language play in shaping our minds according to the book?

TAKE THE TEXT FURTHER WITH OUR TOP 5 TITLES TO CONTINUE THE THEME:

