

# Your Predicting Brain

Identity & Perspective, Module 1



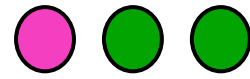
# AGENDA



1. Discuss the purpose of the brain and talk about emotions.

2. Individual activity on understanding the idea of a “concept”.

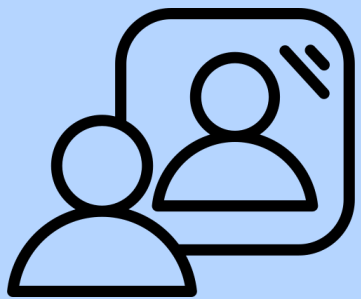
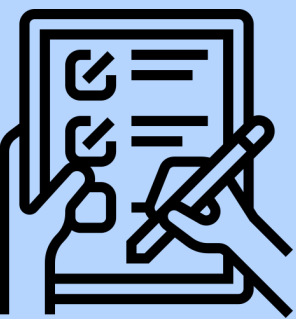
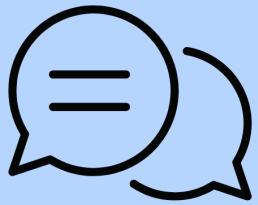
3. Reflect on concepts and emotions.



# BRAINSTORM

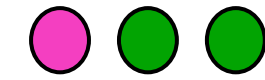


What do you think the purpose of your brain is?

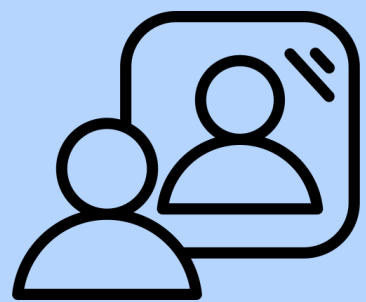
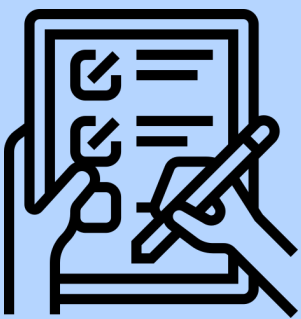
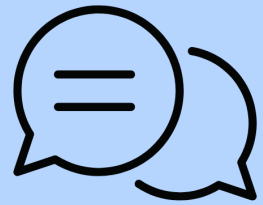


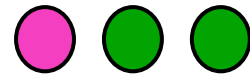
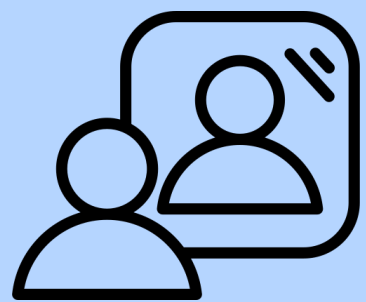
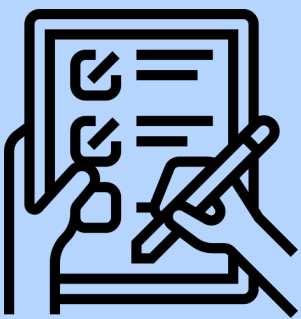
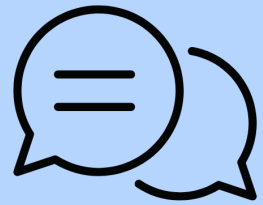


# DISCUSS



The entire purpose of your brain is to keep your body alive.





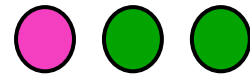
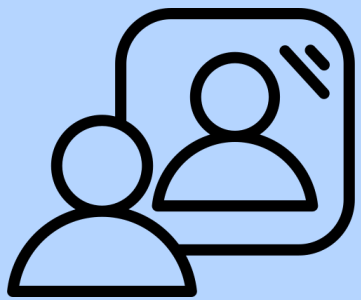
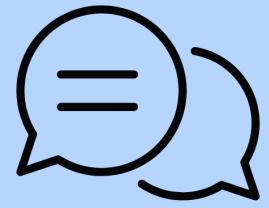
# DIVE IN



**Concepts:** From the moment the brain perceives sensations from the body, it begins to attempt to categorize this information. Upon birth, the brain begins to receive significantly more information, which it continues to categorize. These categories are called concepts.

**Allostasis:** the process by which the brain helps maintain the body and keep it in balance. The entire purpose of the brain is to help maintain the body and keep it in balance called allostasis or body budget - not too cold, not too hot, not too hungry, not too thirsty, etc. The brain tries to anticipate the needs of the body.

The information that the brain receives from the body is called interoception, which is information from the senses that the brain interprets into concepts.

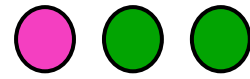
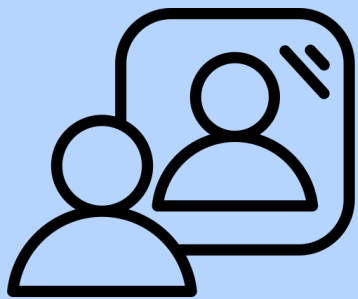
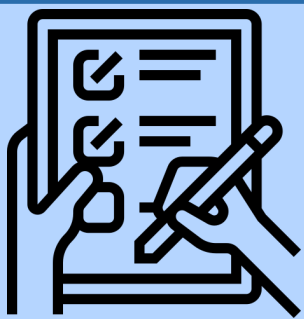
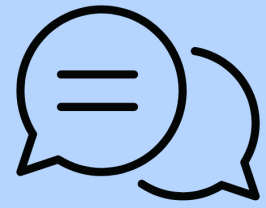


# DIVE IN



## Emotions





# ACTIVITY



- Working in pairs, you will look at the Your Predicting Brain Worksheet and work on examples for each concept.
- Independently Reflect on Concepts and Emotions.

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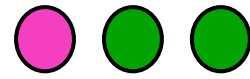
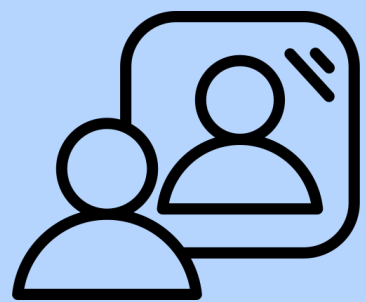
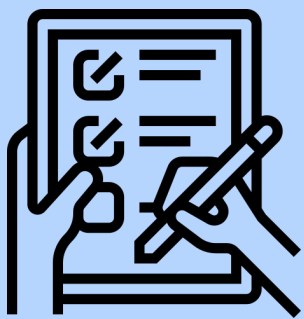
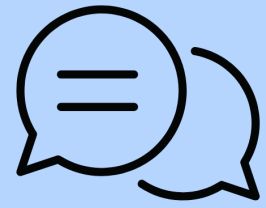
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**Your Predicting Brain**

Concept	Examples
Something to write with	<i>a pen, a pencil, a crayon, a marker, a lipstick, a stick and some sand, chalk</i>
Something to sit on	
Happiness	
Anger	
Salty	

**Reflect:** In thinking about how you came up with the examples for the various concepts in the chart above, where did you get your ideas? What had to occur in order for you to think about the different options that you listed?

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# REFLECT



Reflect: In thinking about how you came up with the examples for the various concepts in the chart above, where did you get your ideas? What had to occur in order for you to think about the different options that you listed?



# Home Connection



## Home Connection

### Your Predicting Brain

Dear \_\_\_\_\_,

Today in class, we talked about the brain's entire purpose. It is to help maintain the body in balance, called **allostasis** or **body budget**—not too cold, not too hot, not too hungry, not too thirsty, etc. The brain tries to anticipate the body's needs. The information the brain receives from the body is called **interoception**, information from the senses that the brain interprets into concepts.

Please encourage your student to continue to think about their own emotion concepts and what past experiences have they had that have gone into making up their emotion concepts?

Please do not hesitate to reach out with any questions or concerns.

Best,

\_\_\_\_\_

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# Professional Development



Reflect on some of the ideas you have about emotions. Emotions are predictions that our brain makes from information from the body, the context you find yourself in, and your concepts. In thinking about your own emotion concepts, what past experiences have you had that have gone into making up your emotion concepts? List some of your memories of:

Happy times	
Sad times	
Proud times	
Disappointed times	





# Further Study

- [Cartoon Science \(How Emotions are Made\)](#)
- [Ask How, Not Where \(How Emotions are Made\)](#)
- [Core Systems \(How Emotions are Made\)](#)
- [Making Emotion \(How Emotions are Made\)](#)
- [Degeneracy \(How Emotions are Made\)](#)
- [Emotion in the Media \(How Emotions are Made\)](#)
- [Implications \(How Emotions are Made\)](#)
- [Simulation \(How Emotions are Made\)](#)
- [The Cascade \(How Emotions are Made\)](#)





**Lesson Complete!**

