

Changing the pattern in the brain

Now that you have watched the video where Harold and Jo talk about changing the pattern in your brain and all the amazing things your brain can do, think about what you could do if you were in the scenarios below:

Scenario 1

It's your birthday soon but you're not able to invite your friends over.

List the feelings that someone would need to pay attention to help deal with their pain.

Then create a new pattern in the brain by finishing these sentences

I guess

Maybe ...

I could ...



Scenario 2

Your pet seems to have run away.

List the feelings that someone would need to pay attention to help deal with their pain.

Then create a new pattern in the brain by finishing these sentences

I guess

Maybe ...

I could ...



**SMALL CHANGES
WHĀNAU CHALLENGE**