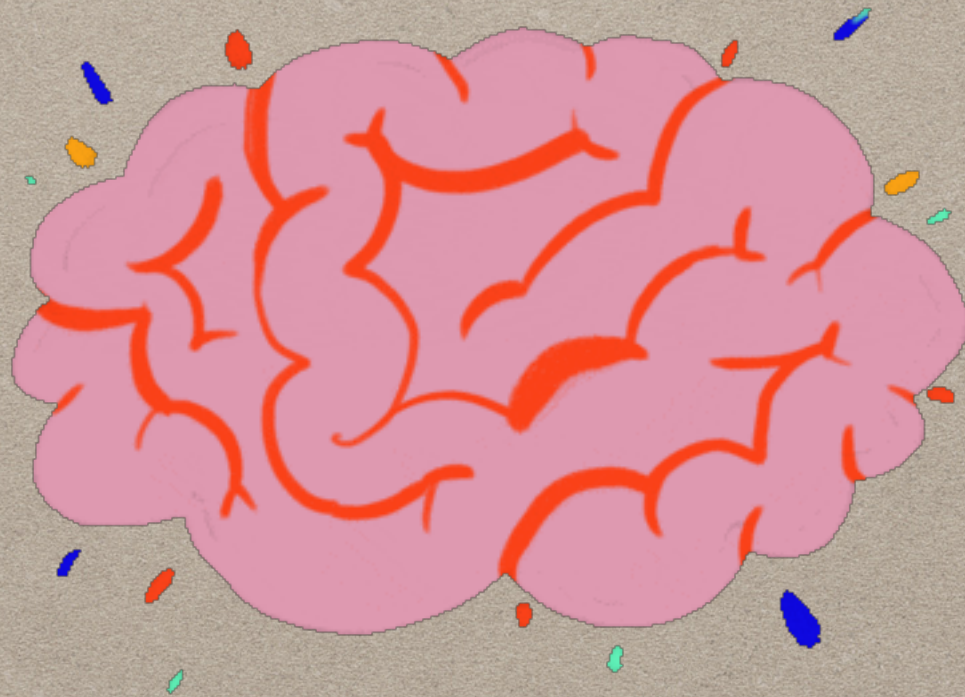


HAPPY CHILDREN LEARN HOW TO USE POETRY FOR WELLNESS

WITH ZOHAB ZEE KHAN

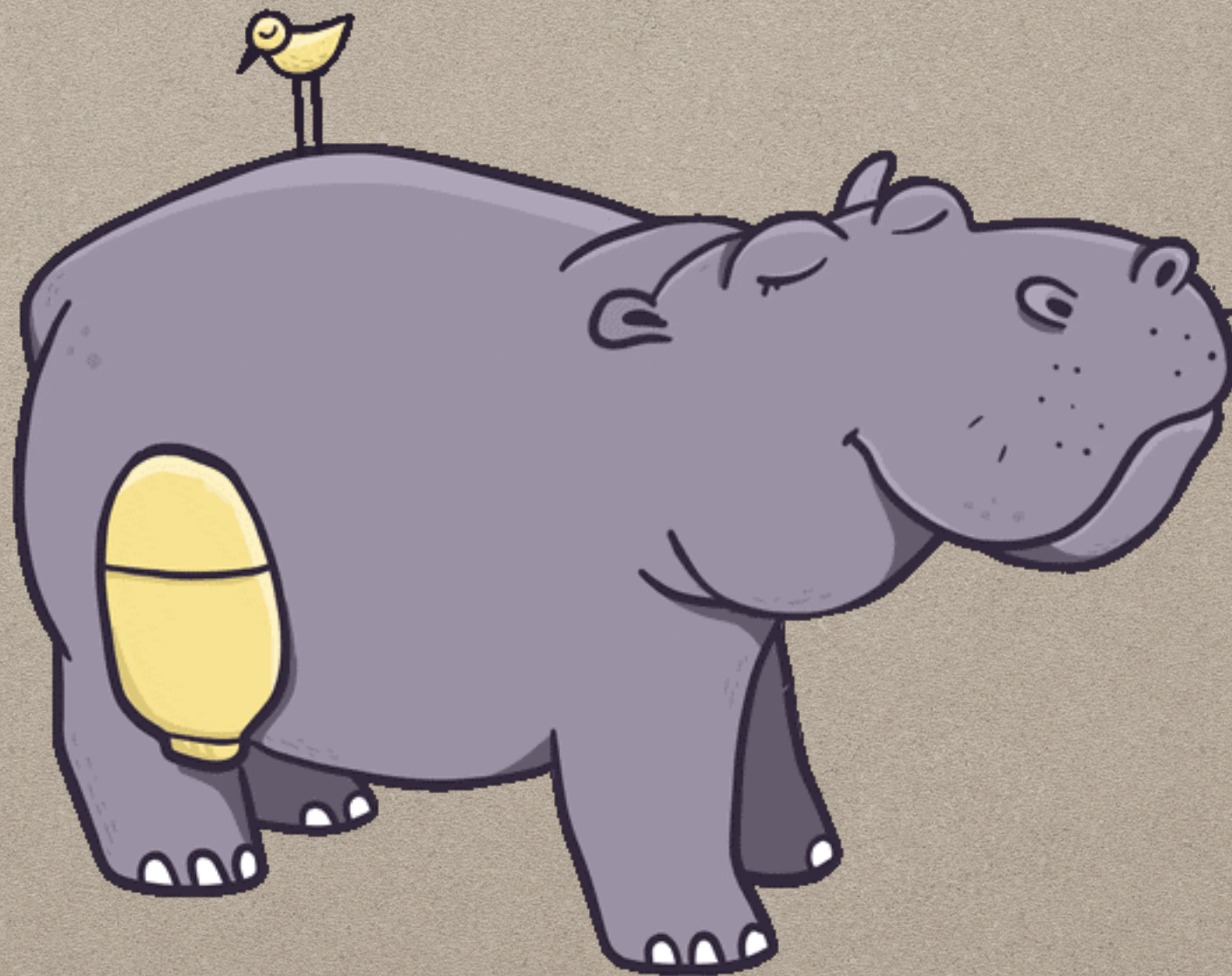
BRAIN HACK

LIMBIC SYSTEM



The limbic system is situated on the edge of the cortex, and it includes the hippocampus, the hypothalamus and the amygdala.

HIPPOCAMPUS



HIPPOCAMPUS

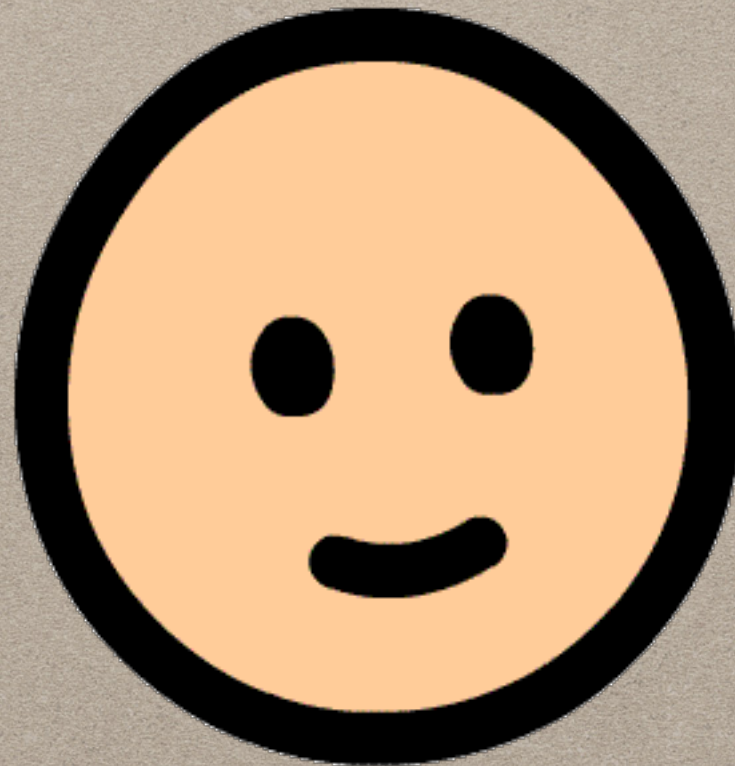
The hippocampus helps humans process and retrieve two kinds of memory, declarative memories and spatial relationships.

Declarative memories are those related to facts and events. Examples include learning how to memorise speeches or lines in a play.

Spatial relationship memories involve pathways or routes. For example, when a taxi driver learns a route through a city, they use spatial memory.

The hippocampus regulates the production of cortisol, it has many receptors that are sensitive to these stress hormones. However, an excess of cortisol can impair the ability of the hippocampus to both encode and recall memories.

AMYGDALA



The amygdala is responsible for the perception of emotions such as anger, fear, and sadness, as well as the controlling of aggression.

HOW TO HACK YOUR LIMBIC SYSTEM

- Take 3 long deep breaths, deeper than you have had all day
- Think of 3 things you are grateful for
- Think of a compliment for the person next to you

HOW TO HACK YOUR LIMBIC SYSTEM

- Gratitude rewires your brain and kick starts the production of dopamine and serotonin.
- These feel good neurotransmitters activate the bliss centre of the brain and make for a calmer and happier poetry writing class.

BRAIN DUMP

BRAIN DUMP

- No pressure in regards to spelling, grammar, or content
- Write whatever is in your mind
- Write in sentences
- Don't stop writing
- "Don't get me started"

MINDFUL MINUTE

MINDFUL MINUTE

- Take slow conscious breathes in through your nose and out through your mouth.
- Count the number of breathes that you take in a minute.
- This is your magic wellness number that can be called upon when needed.

LEARN A LANGUAGE

LEARN A LANGUAGE

- 对不起，你是熊猫吗
- Duìbùqǐ, nǐ shì xióngmāo ma
- DEE-BU-SHI, NI SHI SHOONG-MAO MA

LEARN A LANGUAGE

- Excuse me, are you a panda?

BOX BREATHING



LEARN A LANGUAGE

- To begin, expel all of the air from your chest.
- Keep your lungs empty for a four-count hold.
- Then, inhale through the nose for four counts.
- Hold the air in your lungs for a four-count hold.
- When you hold your breath, do not clamp down and create back pressure. Rather, maintain an open, neutral feeling even though you are not inhaling.
- When ready, release the hold and exhale smoothly through your nose for four counts. This is one circuit of the box-breathing practice.
- Repeat this cycle for at least five minutes to get the full effect.

BRILLIANCE POEM

1. A REASON YOU ARE BRILLIANT

-I am brilliant because I am kind.

-I am brilliant because I am passionate about helping people.

-I am brilliant because I am super awesome cool and spend little time worrying what others minds are pondering about me.

1. A REASON YOU ARE BRILLIANT

2. S.A.L. METAPHOR

SOMETHING > ACTION > LOCATION

-I am a lion hunting his prey in the African Savanna.

-I am a Jumbo Jet taking off at London Heathrow Airport.

-I am a skyscraper sternly standing on rippling river Shanghai shores.

1. A REASON YOU ARE BRILLIANT

2. S.A.L. METAPHOR

SOMETHING > ACTION > LOCATION

**3. CHOOSE AN ATTRIBUTE YOU LIKE
ABOUT YOURSELF, ASSIGN A COLOUR TO IT
AND TELL ME WHY YOU CHOSE THAT
COLOUR**

-My smile is the yellow of the sun because it leaves people feeling warm and fuzzy.

-My voice is the black of the night, because it is smooth and absolutely everywhere.

-My feet are baby blue because they're soft and cuddly.

1. A REASON YOU ARE BRILLIANT

2. S.A.L. METAPHOR

SOMETHING > ACTION > LOCATION

3. CHOOSE AN ATTRIBUTE YOU LIKE ABOUT YOURSELF, ASSIGN A COLOUR TO IT AND TELL ME WHY YOU CHOSE THAT COLOUR

4. PERSONIFY YOUR BRILLIANCE. PRETEND YOUR BRILLIANCE IS ALIVE AND ASSIGN AN ATTRIBUTE THAT YOU WOULD USUALLY GIVE TO A PERSON. THEN TELL ME WHY?

-My brilliance does backflips because it has a happy disposition.

-My brilliance jumps into others peoples selfies because he is a troll.

1. A REASON YOU ARE BRILLIANT

2. S.A.L. METAPHOR

SOMETHING > ACTION > LOCATION

3. CHOOSE AN ATTRIBUTE YOU LIKE ABOUT YOURSELF, ASSIGN A COLOUR TO IT AND TELL ME WHY YOU CHOSE THAT COLOUR

4. PERSONIFY YOUR BRILLIANCE. PRETEND YOUR BRILLIANCE IS ALIVE AND ASSIGN AN ATTRIBUTE THAT YOU WOULD USUALLY GIVE TO A PERSON. THEN TELL ME WHY?

5. MAKE A SANDWICH. REPEAT YOUR FIRST LINE WITH SOME CHANGES TO MAKE IT BETTER

ACTIVELY LISTENING TO A POEM

ACTIVELY LISTENING TO A POEM

1. What did you like about the poem?
2. What does the poem tell you about the poet?
3. How did it make you feel?
4. What poetic techniques did you hear?

IMAGE POEM



NATIONAL GEOGRAPHIC

GREAT SALT LAKE:
THE FLOODING
DESERT 694

U. S. - MEXICAN BORDER:
LIFE ON THE LINE 720

JAVA'S WILDLIFE RETURNS 750

Along Afghanistan's
War-torn Frontier 772

*Haunted eyes tell of an
Afghan refugee's fears*

IMAGE POEM

1. Write four lines of poetry from the image
2. Pick your favourite line
3. Edit your favourite line. "How can you make it better?"
4. Get 4 to 8 volunteers out the front to read their favourite lines
5. Rearrange the students to make it make more sense

THANK YOU

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