

## Laughology



On Wednesday the 8<sup>th</sup> November Dave Keeling from Laughology visited Featherstone Wood. He worked with years four, five and six on how wonderful and powerful our brains are and how much we can achieve. He was also quite funny!



### Year 6

Dave spoke about how jobs in the future will either have a social or creative context. So we need to be confident in thinking and have good people skills.

Dave posed the question out of two objects which would win. The children randomly gave him the two objects – a table versus a banana. Their answers were interesting and thoughtful. What do you think?

Dave then asked us to list five things 1 object (a chair) and 1 animal (a whale) have in common. This was interesting too. What would be on your list?



We learnt about Endorphins and dopamine.



Endorphins - a chemical that is naturally released in the brain to reduce pain, that in large amounts can make you feel relaxed or full of energy



Dopamine - a hormone (= chemical substance) that is made naturally in the body

Socrates - learning should be a festival of fun

Flip - focus, language, imagination, pattern breaking

If you always do what you've always done you'll always get what you've always got.

Score out of 10 - Energy (radiator or drain), openness, focus

Psychophysical- body need to sit and be alert, sit forward if tired.

Amy Cuddy - Power posing, Harvard

Cycle of change - Opportunity every day/second of your life, take the opportunity you'll have an experience, lots of experiences help you to learn.

Emotional cycle of change - courage, be brave to take them opportunities, the brave you are the more experiences you'll have and the more confident you'll be. The more hope you'll have.

Hope fires a neuron!

Fear gets in the way - false expectations appearing real

Mark Twain - do the thing you fear and the death of fear is certain

Brains weigh roughly 2% of our body weight and s roughly 20% of the bodies oxygen.

Night school - about sleep, adults need 5 cycles of 90 mins, children need 7 cycles of 90 mins so plan your sleep time properly.

Adults need – 7 ½ hours sleep a night  
Children need – 10 ½ hours sleep a night

Self confidence - feel good about yourselves and what you can do. Lovable and capable.

Learning is the growing and developing of fearless inquisitive minds.







