



An adult human brain weighs around 1.5kg. That's a bag and a half of sugar! An elephant's brain weighs around 5kg. A Sperm whale's brain is approximately 8kg. What can you find at home or in the classroom that weighs the same as a human brain?



Your brain will keep growing in size until you are about 18 yrs old. Then, the brain is about 16cm long, about 14cm wide and nearly 10cm deep. It is roughly the size of two clenched fists. Use some blocks or a ruler to measure things around you that are the same size as a brain!



Super foods that keep your brain healthy include fish, blueberries, nuts & seeds, and green vegetables such as broccoli and brussel sprouts. Talk about your favourite brain foods! Make a poster with all your tasty, brainy words & pictures!



Did you know that your brain actually produces enough electricity to power a light bulb? Yep, it's true! It would be cool to know how to actually power up that light bulb with our brains, maybe someday we'll know.

Here's a good activity to try... juggling, yes juggling. It can change your brain in 7 days, helping it to grow stronger and of course smarter. So next time you see a juggler, you'll know they're pretty clever people.

