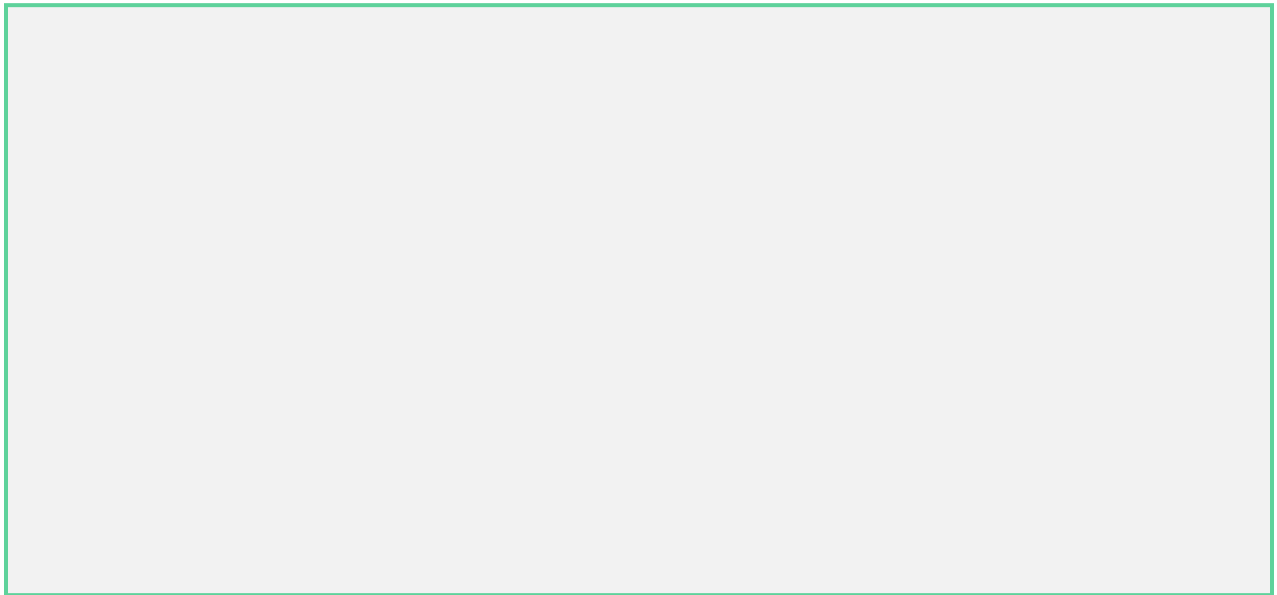


# Neuroplasticity Reflection Sheet

**Key concept:** Our brains get built just like muscles: the pathways that get used more, get stronger. Use it or lose it!

## Reflection Question #1

Do you have examples in your own life where you noticed that the more you did something, the easier it felt? Think of something you feel confident in your life. What




do you think are some thoughts related to it that are now 'pathways?'

## Reflection Question #2

Now let's think of something you would like to get better at, but you feel less confident in. What might be some thoughts that make up a 'pathway' about that? What would be an opposing or more positive thought or self-belief?

Can you find three examples that support the positive thought or self-belief? Write them down here. For example, let's say my negative thought is that 'I get overwhelmed easily'. The opposite, more positive thought is: "Even though I sometimes get overwhelmed, there are many times when I handle tough situations really well. Or

for a thought like 'I'm a failure': "even though I make mistakes, I usually get back up again and try even harder the next time. That shows how strong I really am."

Negative thought		Positive thought/ Belief
		Examples that support positive thought/belief:  1.  2.  3.

### Reflection Question # 3

#### Put it into practice

Pretend that one of your friends is feeling really down because they've been trying to get good at something they like, but they feel like there's no hope to get better. Describe what happened in your brain to someone else so you can help them get better at something. Either draw a picture or write out how you would describe it.