

Types of Thinking

Our brains can think in many different ways sometimes fast, sometimes slow. Today we begin a **Brain Adventure Journey** to discover how thinking changes our actions... and how actions create results!



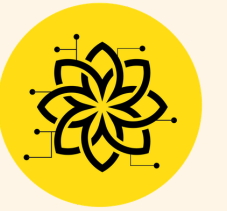
WarmUp: The Opposite Action Game!

Let's play a quick brain game. When your teacher says "**CLAP**" stay still. When they say "**STILL**" clap!

- At first it feels easy. But suddenly... the brain gets confused! Sometimes our brain reacts too quickly. Logical thinking helps us **slow down** and choose carefully.



⚡ Meet the Fast Reaction Brain



BRAIN NETI



The Fast Reaction Brain jumps into action **very quickly** especially during strong feelings!

Your body might feel: fast heartbeat, tight hands, hot face, or a loud voice. **Fast reactions are not always smart reactions!**

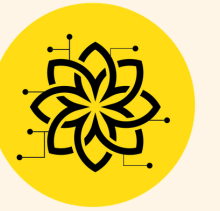
😡 Anger

😱 Fear

😄 Excitement

😡 Frustration

💡 Meet the Thinking Brain



BRAIN NETI

The Thinking Brain **slows things down** and asks important questions before acting.

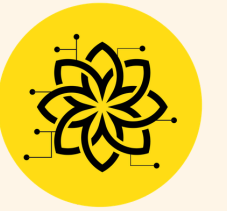
When we **pause, breathe,** and think carefully... the brain becomes calmer and clearer. **Pause brings back the thinking brain!**



? "What is happening?"

🧠 "What may happen next?"


✅ "What is the best choice?"



Story Time: Vihaan and the Pencil

One day, Vihaan's friend took his pencil **without asking**. Immediately, his body reacted tight hands, hot face, fast heartbeat.

1

 Without thinking...

Vihaan pushed his friend and shouted. The classroom went silent.

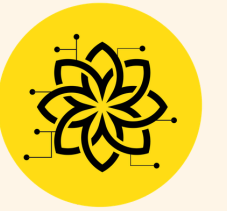
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 After calming down...

Vihaan realized: "*The problem was not the pencil. It was my reaction.*"



Same Situation, Different Thinking



BRAIN NETI



The next day, something similar happened again. Vihaan still felt angry but this time, he **paused** and took a slow breath.

"If I shout again, I may create more problems."

So Vihaan said calmly: **"Please give it back."**

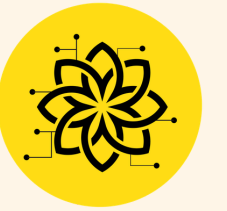
Same situation

Different thinking

Different result! 🎉

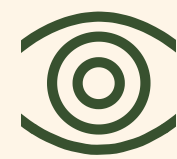


Observational Thinking



BRAIN NETI

"I don't just look. I notice." Good observers pay close attention to the world around them.



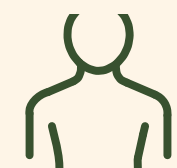
Notice Changes

Spot what is different from before.



Pay Attention

Focus carefully on what is happening.



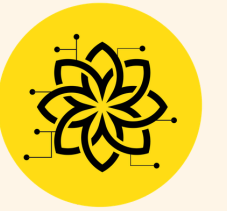
Read Body Language

Notice how others feel through their expressions.



Find Details

Look for the small things others might miss.





Logical Thinking

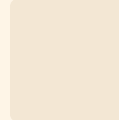
Logical Thinking asks: "If this happens... what happens next?"

Logical thinking helps us **predict results**, solve problems carefully, and make safer choices.



 If I shout...
Someone may get hurt.

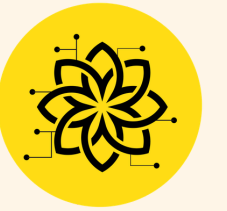
 If I practice...
I improve and get better.

 If I rush...
I may make mistakes.



Decision Thinking

Decision Thinking asks: **"What is the best choice?"** Sometimes the brain must choose between reacting quickly... or thinking carefully.



BRAIN NET1



Walk Away

Step back from the situation.



Use Calm Words

Speak kindly and clearly.



Ask for Help

Tell a trusted adult.



Take a Breath

Pause before you act.



Choices create results! Every decision shapes what happens next. ★

Creative Thinking



BRAIN NETI

Creative Thinking asks: **"What are different ways to solve this?"**

 Use Imagination


Picture new possibilities.

 Try New Ideas

Explore solutions no one has tried.

 More Than One Answer

Sometimes there are many good solutions!

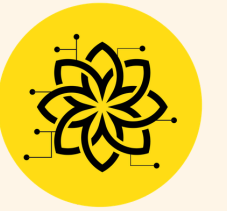
 **Think about it:** A pencil is not only for writing. What *else* could it become? A rocket? A magic wand? A bridge?



Feelings Are Signals

Strong feelings are not bad they are **signals**. Anger, frustration, excitement, embarrassment, and disappointment all remind us to **pause before acting**. Feelings happen automatically, but our actions can always be chosen. Have children identify body clues connected to different emotions.





Stop → Think → Choose

When emotions become strong, try this threestep tool. Every pause helps the thinking brain return.

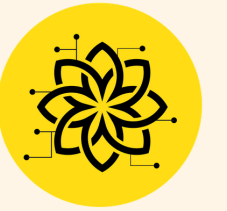


STOP

THINK

CHOOSE

Practice the three steps together using pretend situations. **Pause gives control.**



BRAIN NETI

STORY TIME

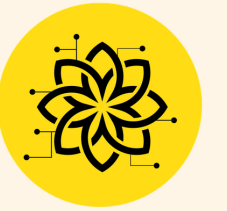
Maya's Big Choice

Maya was building blocks with her friend when the tower fell. She felt angry and wanted to shout. But she **paused** and took a breath. She thought: "*Will shouting fix the tower?*" Instead, she calmly asked: "*Can we rebuild together?*"



Discussion prompt: "What helped Maya make a calmer choice?"





BRAIN NET1

Thinking Changes Results



When children **pause, observe, think ahead**, and use calm words, their brains make safer, smarter choices.



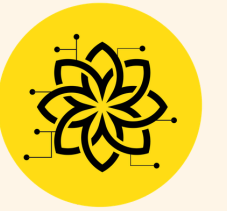
Question Time : "How can calm thinking help friendships?"

Build friendships

Solve problems

Stay calmer

Feel confident



My Thinking Brain Promise

Say together place one hand on your head and one hand on your heart:

"I can pause."

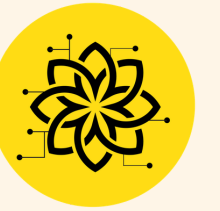
"I can think carefully."

"I can choose wisely."

"My feelings do not control me."

"Thinking helps me grow."

"My choices create results."



Detective Observation Game



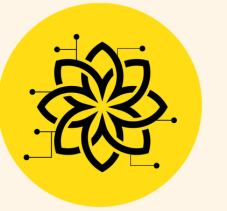
Look carefully at 5–6 classroom objects. Close your eyes. Something changes maybe an object disappears or moves. **Can your brain notice the difference?**

Materials

Classroom objects, toys, or colored cards

Outcomes

Strengthen observation, attention, and memory



ACTIVITY 2

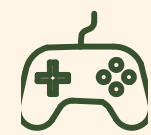
Pause Training Drill

The teacher shares situations. Before reacting, everyone practices **Stop → Think → Choose**. The brain grows stronger every time we pause.



Someone says something mean

Pause before responding.



You lose a turn

Think before acting out.



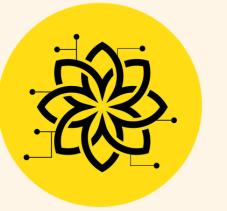
You feel frustrated

Choose a calm response.



Materials: Emotion or scenario cards. **Outcomes:** Build emotional control and calm decisionmaking.

Draw Your Brain City



Draw a magical **Brain City** where different thinking skills help solve problems. Every part of the city represents a powerful thinking skill. Children explain one "thinking place" from their city.

- ☐ **Materials:** Paper, crayons, markers, stickers. **Outcomes:** Creative expression, thinking skills, emotional awareness.

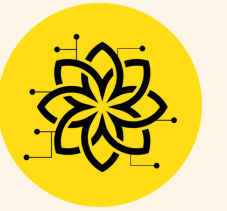


 Observation Towers

 Logic Bridges

 Creative Parks

 Pause Stations



BRAIN NETI

ACTIVITY 4

Team Problem Solvers

Work together to solve a classroom challenge. Before every decision: **Pause** → **Observe** → **Think** → **Choose together**. Different types of thinking help teams solve problems better.

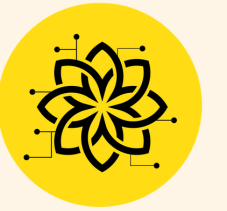
Materials

Blocks, puzzle cards, cups, or classroom objects

Outcomes

Strengthen teamwork, calm communication, and thoughtful decisionmaking





BRAIN NETI

ACTIVITY 5 REFLECTION

The Thinking Lantern

Close your eyes and imagine holding a glowing lantern. With every slow breath, it glows brighter a reminder of the thinking power inside you.

"I can pause."

"I can think carefully."

"I can choose wisely."

"I can solve problems calmly."

Materials: Battery tea lights or paper lanterns (optional). **Outcomes:** Calm reflection, emotional regulation, thoughtful decisionmaking.

