

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

### Review:

After watching The Brain: Patteran, Structure & Novelty, answer the following questions.

1. What is a routine?

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2. When faced with physical or emotional stress, what hormone does the brain release? What does it do?

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3. Why is emotional security important to a child's education?

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4. What happens when the brain learns a pattern?

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5. How can novelty be worked into routines?

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6. What is novelty?

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7. What happens if novelty is added without the base of structure or routine?

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8. Why do you think boredom is the perfect opportunity to teach something new?

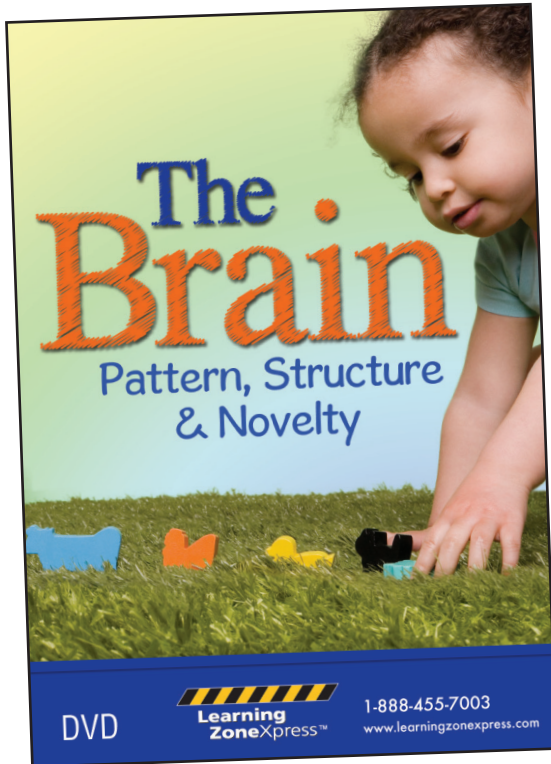
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# ANSWER KEY

## Review:

After watching The Brain: Patteran, Structure & Novelty, answer the following questions.

1. What is a routine?

***A routine can be any activity that is repeated, like a child's bedtime or a family tradition. Routines are a form of structure, which together are the foundation on which learning is built.***

2. When faced with physical or emotional stress, what hormone does the brain release? What does it do?

***The hormone cortisol is released in the brain when you are faced with physical or emotional stress. Cortisol helps to manage stress, but it can reduce the connections between the cells in some part of the brain.***

3. Why is emotional security important to a child's education?

***Emotions are critical in the storage and recall of information. Providing structure and routines is one of the basic ways 0-5 year olds learn to feel secure. Routine helps young children feel emotionally secure, which translates into learning readiness since the brain knows what to expect next.***

4. What happens when the brain learns a pattern?

***As soon as the brain learns a pattern, it becomes automatic. The brain sort of “ignores” it as it habituates into familiar, predictable patterns like chewing food, walking, brushing teeth. These things you do, but don’t necessarily think about while you’re doing them.***

5. How can novelty be worked into routines?

- ***Use small variations – little changes don’t disrupt a child’s sense of safety***
- ***Tell children something new is coming – keeps children focused***
- ***Create structured routines that allow for novelty***

6. What is novelty?

***Novelty is anything new or unfamiliar. Novelty is any variant to a pattern or structure.***

7. What happens if novelty is added without the base of structure or routine?

***Novelty added to more novelty can lead to confusion or distraction for a child. The child can’t anticipate what’s coming next and the lack of order may cause a child to resist what’s coming next.***

8. Why do you think boredom is the perfect opportunity to teach something new?

***Answers will vary.***