

Brain Ensemble Activation

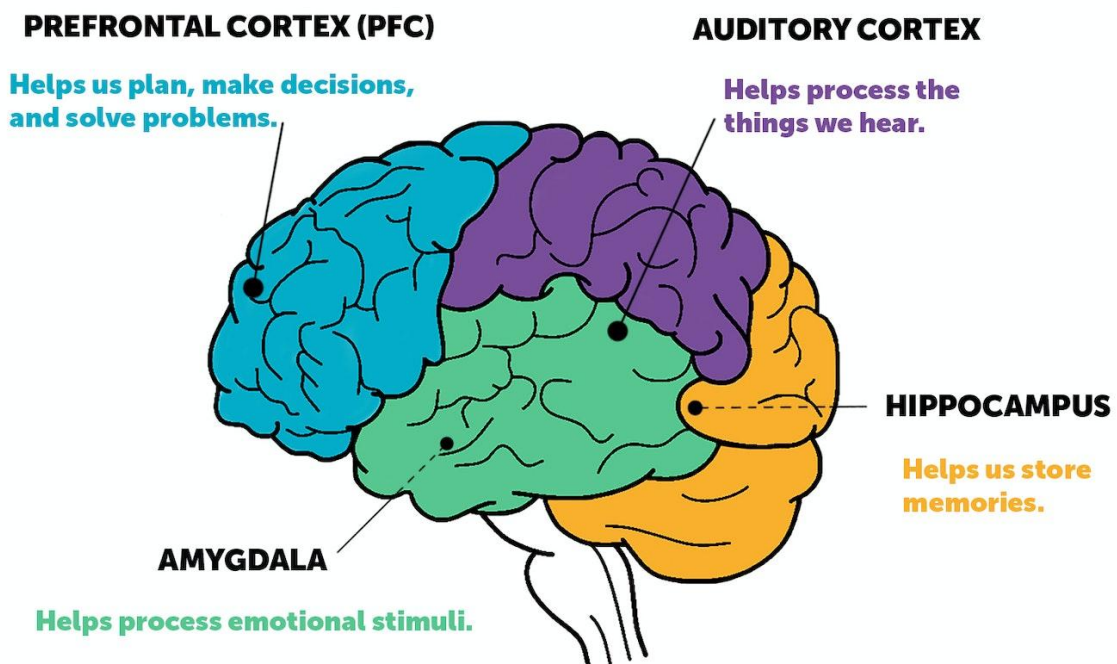
Class Discussion

Different regions in the brain have different roles, just like the musicians in an ensemble. The drumming ensemble may have different parts to play, different instruments or different sections. Does anyone know the different roles a musician could play in an ensemble?

The Brain

Maybe you named a few, maybe you named A LOT! We could be here for a long time if we named all of the different parts of a music ensemble and our brain ensemble. For now we are going to focus on a few important parts that help our brain ensemble - and our music ensemble. Here is a simple map of some of the parts we're going to explore. The [Audio Cortex](#): helps process the things we hear; the [Prefrontal Cortex \(PFC\)](#): helps us plan, make decisions, and solve problems; the [Hippocampus](#): helps us store memories, and the [Amygdala](#): helps us with emotional memories (processes emotional stimuli).

BRAIN ENSEMBLE



Activity

Split your circle into four different sections (quarters) to represent four regions of the brain so we can learn about the roles they play.

- **Section 1** [Auditory Cortex](#): processes the things we hear.
- **Section 2** [Prefrontal Cortex \(PFC\)](#): helps us plan, make decisions, and problem solve.
- **Section 3** [Hippocampus](#): helps us store memories.
- **Section 4** [Amygdala](#): stores emotional memories (processes emotional stimuli).

Procedure

- Demonstrate a rumble and a stop signal until everyone is rumbling then stopping together.
- Have each brain region rumble and stop independently. Try different key words to initiate the rumbles.
 - **Auditory Cortex**: 'I heard / listened to'
 - **Prefrontal cortex**: 'I planned, I decided, I figured out'
 - **Hippocampus**: 'I remembered, I recalled, I recollect'
 - **Amygdala**: 'I feel happy, angry, scared, excited' etc.
- Use the story below (or make up your own!), and encourage each 'brain region' to rumble when they hear the keywords that relate to their region. (top tip - you may want to use the 'hands on your lap' cue to bring each rumble to an end - or designate a member of the group to give a stop cut signal at the end of each rumble).

One day I had just finished eating a piece of pizza without pineapple, because pineapples on pizza are gross. This brought me **feelings** of joy, bliss and elation. It **reminded me** of that epic pizza I ate in Hawaii, it was the only one on the island without pineapple. I was rudely awakened from my daydream when I **heard** my sister stomping down the stairs. All of the sudden **I remembered something**! We had **made plans** to go to the battle of the bands! I was **ridiculously excited**! But then I saw my sister wearing a ...*(insert name of popular musician that might be embarrassing for an older sibling - e.g. Taylor Swift)*... t-shirt! **I was FURIOUS!** But we had to go, so off we went.

As we approached it was raining like I'd never seen. We were soaking wet because **we decided** to leave our rain jackets at home even though my mom reminded us 9

times. As we were paying **I heard** my favourite song, **It reminded me** of every morning when I sing it in the shower. After the song ended the lead singer said were looking for two people to help us play percussion for the next tune. He said "hey you with the [Taylor Swift] shirt, I love love [Taylor Swift], bring your friend up and grab a djembe!" As the band to play it activated my **emotions, memory, and listening, and I decided** on the perfect rhythm to play! I've never been rude about [Taylor Swift] since."

Learning and playing a musical instrument is one the best ways to activate many regions of the brain!

