

**MARCH
16 - 21
2020**

"MY AMAZING TEENAGE BRAIN"

A NEUROEDUCATION WORKSHOP ORGANIZED BY NEURODIVERSITY FOUNDATION

Adolescence is a time when the brain is going through immense changes. This 1-hour neuroeducation workshop facilitated by Learning Experience Designers, Lana Jelenjev and Saskia Wenniger aims to give a sneak peek on the teenage brain and how it affects thinking and feeling. The workshops are held in celebration of **BRAIN AWARENESS WEEK 2020.**

THEY SAY THAT TEENS CAN'T CONTROL IMPULSES AND MAKE RAPID, SMART DECISIONS LIKE ADULTS CAN – BUT WHY?

The teen brain, although a relatively neglected area of study until only the past decade, is a very special point in development. Scientists used to think that the brain was fully developed by the time we reached puberty, but research now shows that the brain doesn't fully mature until mid-twenties!

HOW CAN WE HARNESS THE EXCEPTIONAL STRENGTHS OF THIS PERIOD?

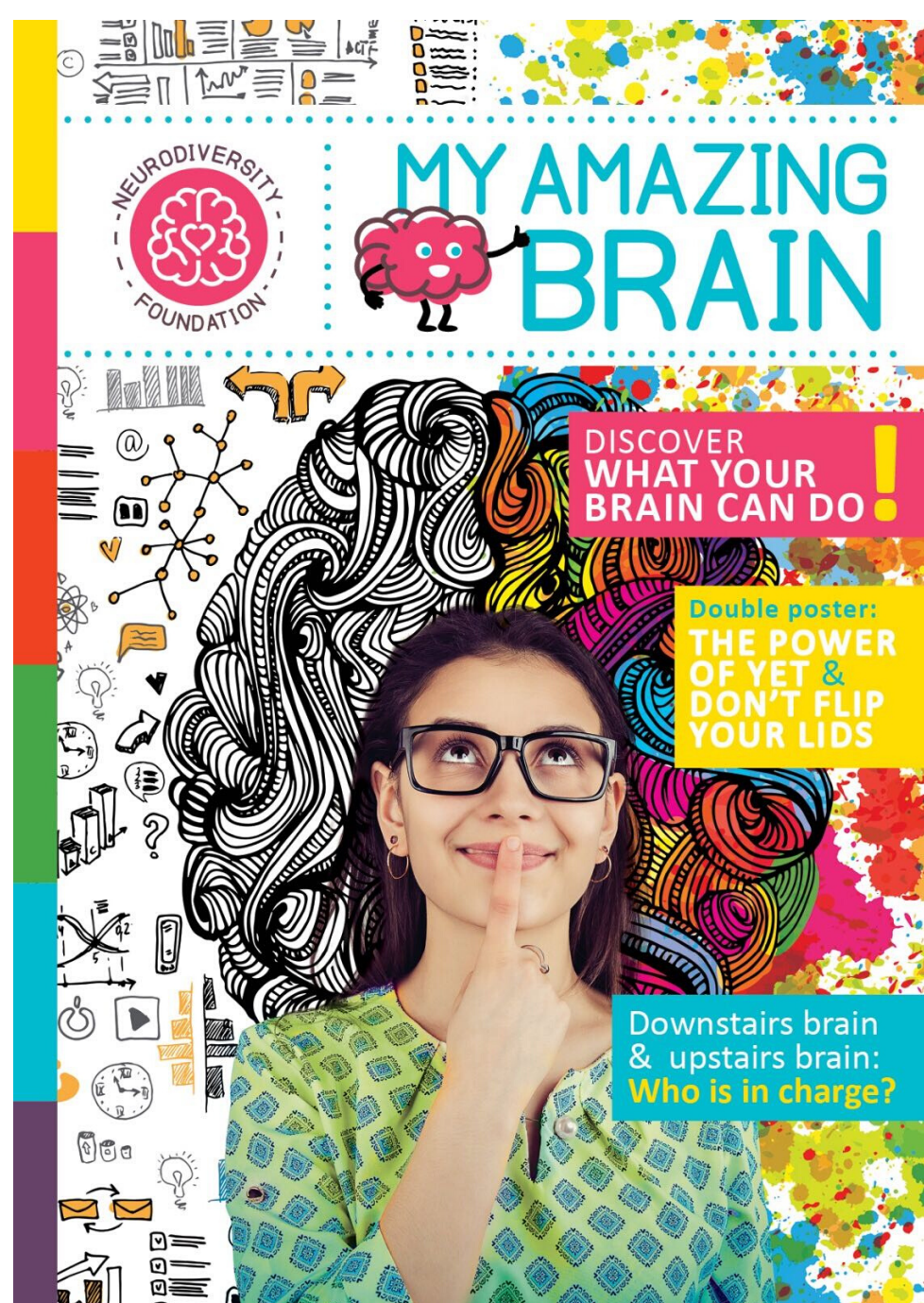
MY AMAZING TEENAGE BRAIN IS AN INTERACTIVE WORKSHOP FOR FIRST YEAR HIGH SCHOOL STUDENTS IN PARTICIPATING SCHOOLS. IT IS DESIGNED TO PROVIDE BASIC UNDERSTANDING OF THE NEURAL NETWORKS THAT INFLUENCE TEENAGE THINKING AND FEELING.

WHAT WILL THE STUDENTS GET OUT OF THIS WORKSHOP?

- Individual copies of *My Amazing Brain Magazine*
- 2 class posters on "Before You Flip Your Lid" and "The Power of Yet"
- 60-minute workshop on My Amazing Teenage Brain that will focus on "Positive Risk Taking and Growth Mindset"

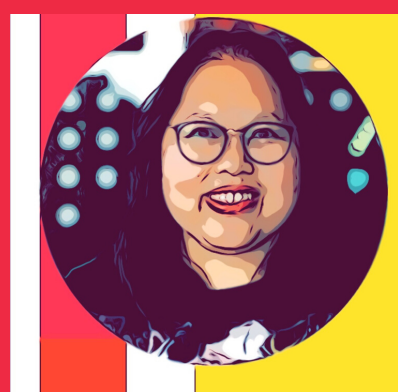
STUDENTS WILL LEARN:

- How changes in the brain impact the development of good judgment, problem-solving, decision-making and impulse control
- How the overdevelopment of the brain structures responsible for handling emotions affects the way teenagers see the world



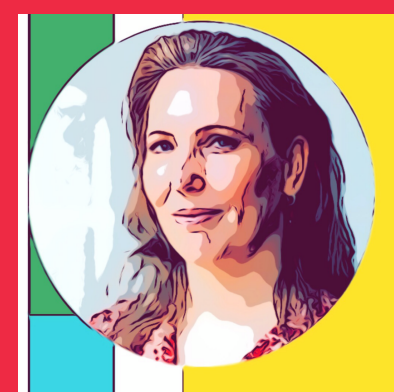
LANA JELENJEV

Lana is an educational consultant and design thinker who thrives in creating impactful learning programs.



SASKIA WENNIGER

Saskia is a coach and learning designer using science, creativity and stories to help people realize their potential.



MY AMAZING BRAIN WRITERS & WORKSHOP FACILITATORS

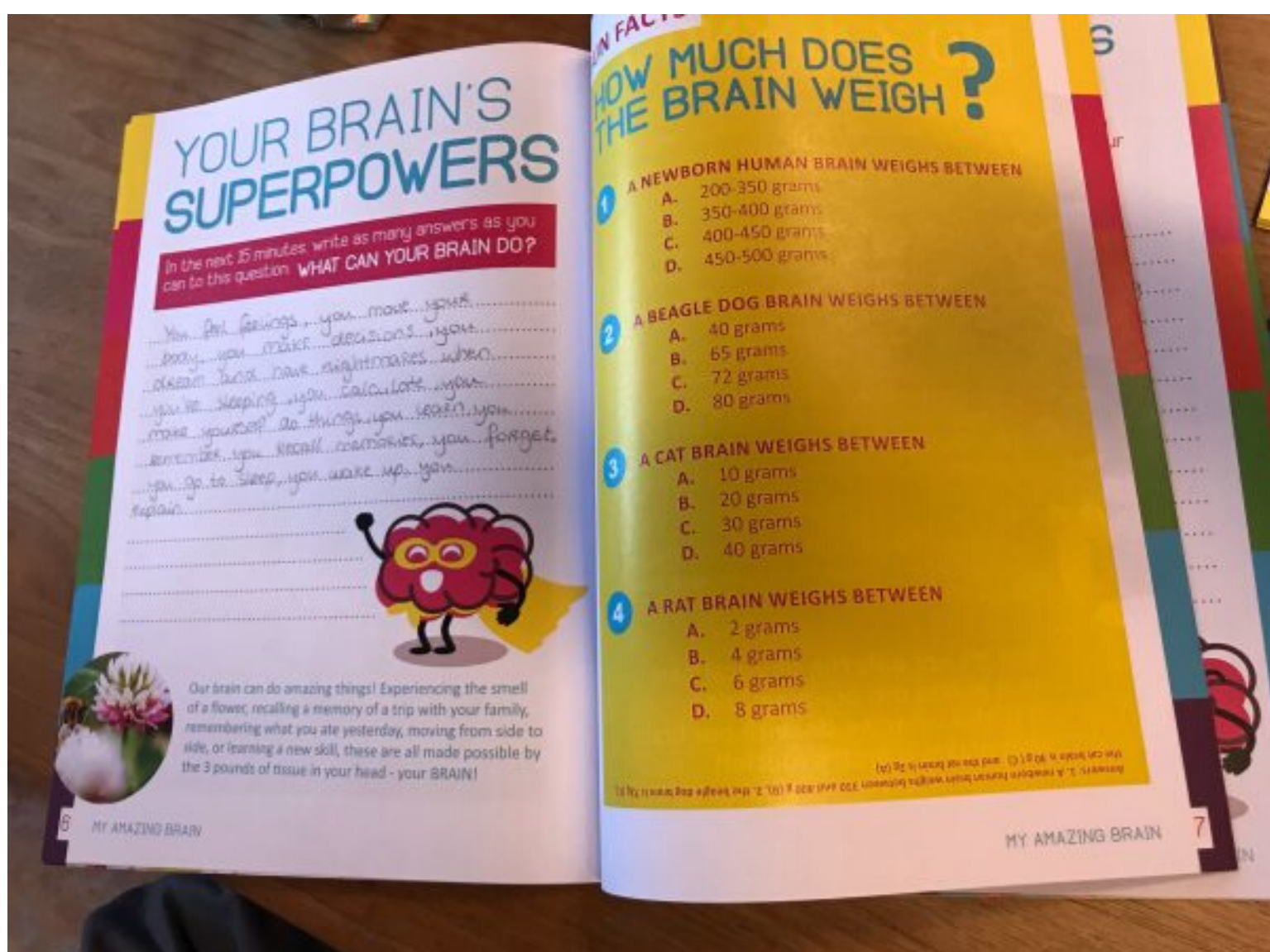
WHAT DO WE NEED TO MAKE THIS HAPPEN?



We need your support in making this project successful. We would like to run this in 3 schools in Almere with around 300 first year high school students.

PROJECTED EXPENSES TO RUN 10 WORKSHOPS (EACH CLASS WITH 30 STUDENTS)

• Printing cost for 300 magazines and 20 posters	750 euros
• Art materials	75 euros
• Creation of workshop	750 euros
• Transportation cost for facilitators	75 euros
• Facilitators fee to run 10 workshops	2000 euros
TOTAL:	€ 3650



The budget proposed include payment for the facilitators for the creation of the workshop and running the workshops. We hope to find sponsors that can help us run these workshop and provide these students with a better understanding of their brain and themselves. For more information on sponsorship please feel free to email лана@neurodiversiteit.nl