

Our Brains as a Construction Project



Highways and Construction Projects

Our brains work by sending messages using special cells called “neurons.” They make pathways in your brain, which work like a system of roads that connect together. You can think of those messages as the cars that drive along those roads. Both kids and adults are always making new connections in their brains because we are constantly growing, learning, and changing!

- Highways: These are things that your brain does easily, kind of like how cars can travel at fast speeds without much traffic. This can include things that come naturally to you or things you have practiced really hard to learn. We’ll learn more about your strengths, superpowers, and things you’ve gotten better at over time!
- Construction Projects: These are things that are challenging or tricky for you, kind of like how cars have to slow down or even find a new way around. This can include things that have been difficult for a long time, or something new that you just haven’t had a chance to work on yet. The cool thing about construction projects is that they can become highways, especially with lots of practice and the right support!

Your Next Construction Project

Even if you didn’t notice it, your brain has already gone through tons of construction projects. Think about all the things you’ve learned and the ways you’ve grown! Together, we can:

- Learn more about your brain, including your highways and construction projects.
- Figure out who should be on your construction crew and what tools you need.
- Decide what’s next in store for you!