

GROW  
BRAIN  
GROW



A BIT LIKE A BOOK WRITTEN  
BY

*Dr Seuss*

I have muscles everywhere

My legs, my arms...but not my hair.

(Imagine my hair with muscles big?)



How would I wear a hat? Or a wig?

How would I put my head on there,

With my head so full of muscly hair?)



There's one muscle I want to grow.  
To grow quite quickly, oh not so slow!  
I want this muscle to grow and grow.  
Do you know which muscle?  
Oh do you know?



What was that I think you said?

YES YOU ARE RIGHT! IT'S IN MY HEAD

Inside my head is the muscle you know

It is my brain I want to grow.

Yes the brain is a muscle too

You know I know you knew that too

But unlike muscles on arms legs, and toes

And those very small muscles on your nose

Your brain is really hard to see

As it becomes more muscle-ly



How do I grow my brain you say?

How do I do it? What's the best way?

It can't do exercises, it can't go for a run

It can't ride a bike, or swim in the sun.

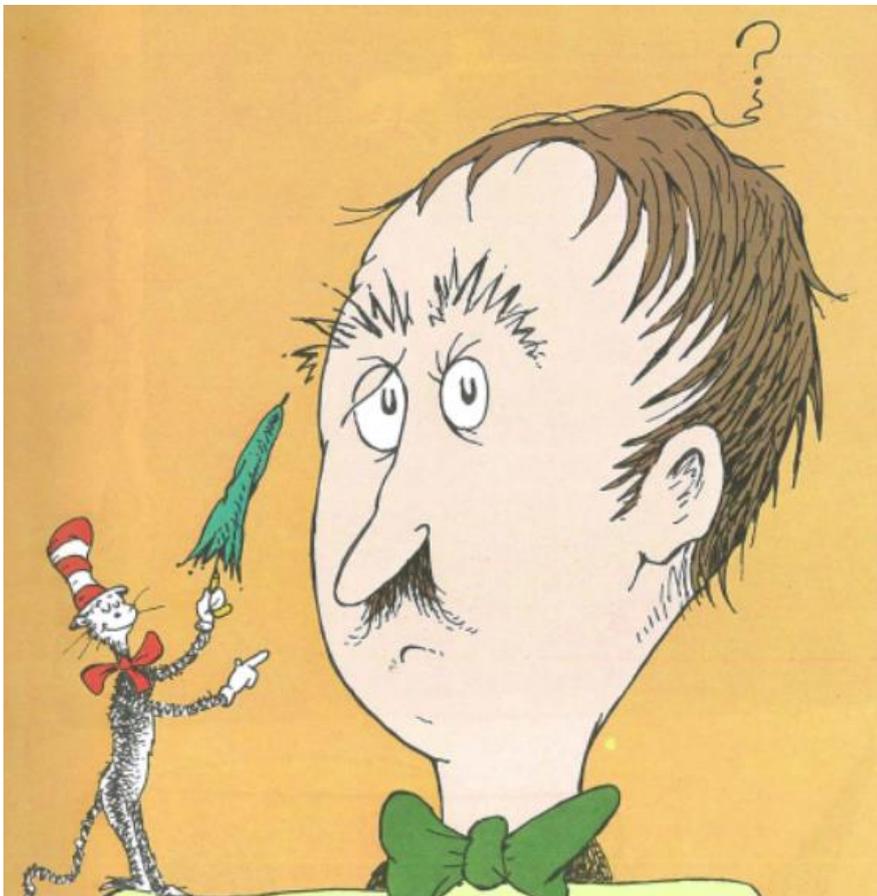


So how can I make my brain muscle grow?

Please tell me, oh tell me, I want to know!



Okay my friend I will tell you now  
Now I am going to tell you how  
To make your brain muscle grow and grow  
And then my friend you will know



Sometimes things are really hard for me  
Like hitting a ball or climbing a tree  
Or reading or spelling or riding a bike  
Or running as fast as my friend Mike  
But when this happens I don't shed a tear  
I keep on trying **I PERSEVERE**  
I DON'T GIVE UP I TRY and **TRY AGAIN**  
And this then helps to grow my brain



I make mistakes I make so many  
I sometimes call Mrs Mac, Mr Kenny!  
I sometimes forget how to spell a word  
I sometimes forget how to draw a bird  
I mistake  $2 + 2 = 6$   
I mistake how to do my footy kicks  
I forget to bring my books to school  
But that doesn't mean that I'm a fool  
No, what it means, is, I'm sure you know

**MISTAKES HELP ME LEARN,**

**HELP MY BRAIN TO GROW**

$$2 + 2 = ???$$

$$1 + 2 = ???$$

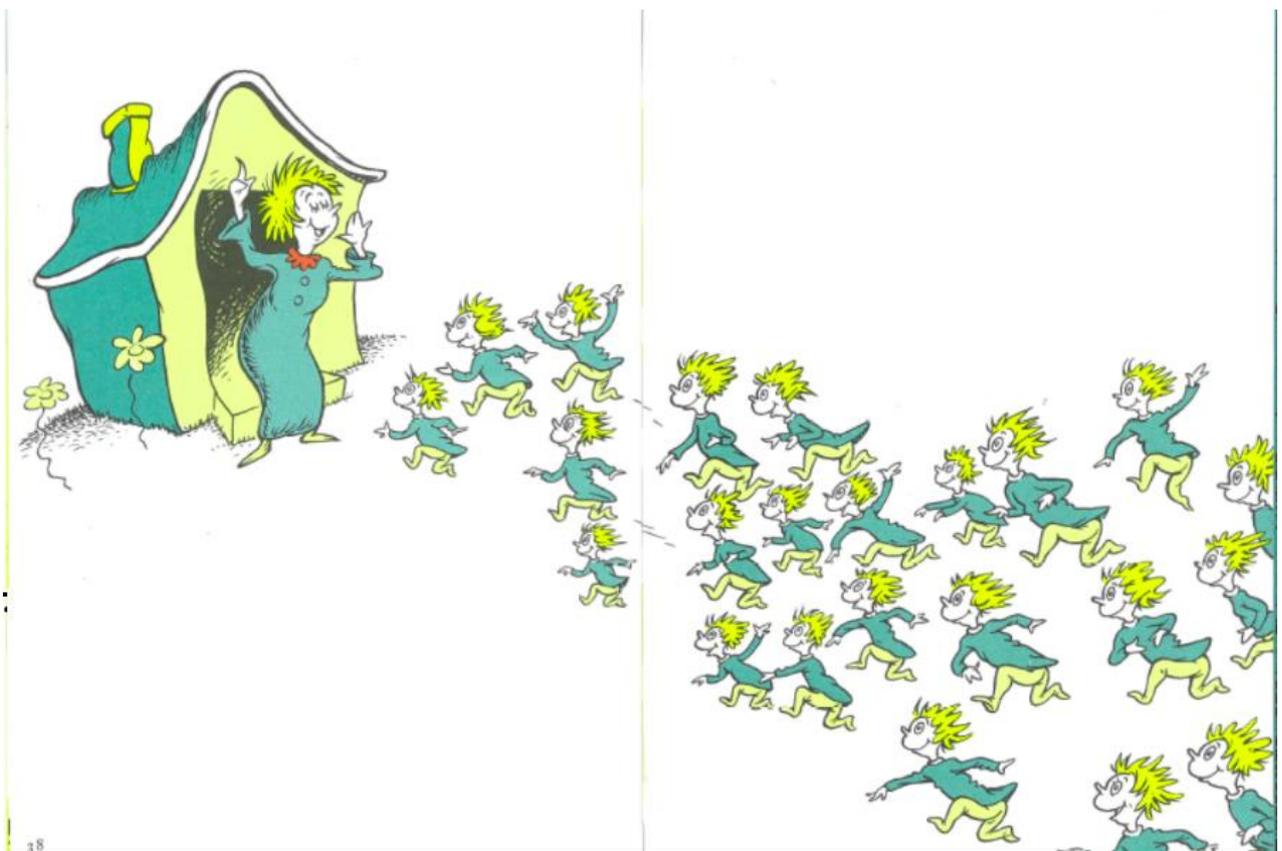
$$1 + 1 = ???$$



Another thing I'll share with you  
Another thing that you must do  
A thing I told my neighbour McDoove  
'I know that I can always improve'  
When I do my piano or reading or work  
When I'm doing a project about the Planet Murk  
I don't just do it and say "Okay"  
I know I can Improve is what I say  
And if I know I can Improve  
Then my Brain will grow! It will McDoove!



I've saved one of the best til last  
One thing to make your brain grow fast  
I think that this you need to hear.  
Come quite closer....come quite near.  
I think I need to whisper in your ear  
So come closer still....come more near....  
shhh it's a secret so listen well  
shhhh be still and quiet while I tell.  
Two words I'll whisper then you'll know  
The most important thing to make your brain  
grow....  
Are you ready, are you still, are you listening well?  
Because these two words I'm going to YELL!!!!!!!



EFFORT and ATTITUDE you need to know

Will really, truly make your brain grow.

EFFORT is when you try your best

When you do what YOU do, don't worry about  
the rest

ATTITUDE is thinking that you'll try

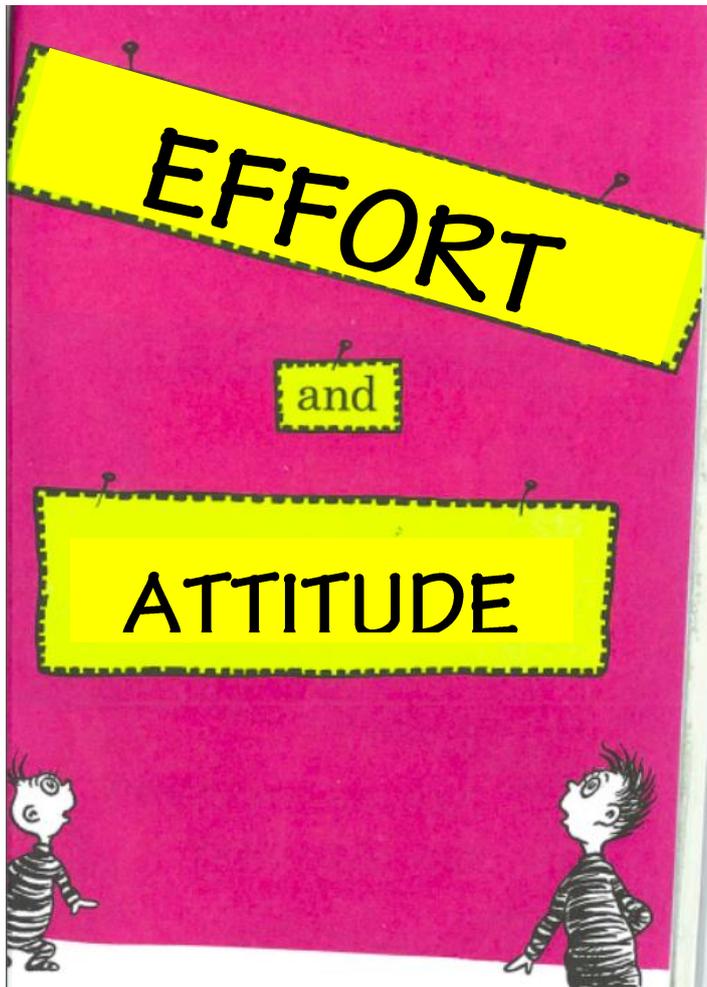
You won't give up and have a cry

EFFORT and ATTITUDE are like two best friends

They help you until your growing ends

But without them your brain muscle won't grow

Or maybe it will....but really slow.



So now I've shared with you what I know  
To make your muscle the brain grow.  
Now you need to get up and go  
And start to do the things you know  
Get up and do it it...go **Go GO**

Keep doing these things and make your brain **GROW**  
And if your brain muscle grows and grows  
Then you might learn more than your mum and dad knows  
And then you'll be even smarter than ME  
But most specialificaly...  
you'll **BE THE BEST THAT YOU CAN BE**

