

Lisa Kudrow

Biologist, Actor

30-60
minutes

Image source

Starters



5-10
mins

Lisa Kudrow is more than just an actor; she also holds a degree in biology. Biologists are nature explorers; they study living organisms, including plants and animals, to learn about their growth and life processes. They are crucial in helping us understand and protect the natural world, acting as nature detectives. Before her television and feature film career, Lisa contributed to research on the causes of headaches in humans.

Explore this **information** about the different parts of the human brain.

Video Transcript – Summary



Your brain is an amazing organ that weighs about 1.3kg and runs everything you do – from thinking and learning to breathing and moving. It's quicker than a supercomputer, reacting instantly to keep you safe, and it's packed with 100 billion tiny cells called neurons that send messages so fast they could outrun a race car! These neurons create enough energy to light a small bulb and never stop working, helping you think, laugh, and dream. Your brain even changes every time you learn something new by building fresh connections. Plus, exercise makes your brain extra sharp, so moving your body can help you tackle tricky problems. Your brain truly is a superpower.

Questions

- 1 What happens in your brain when you laugh or dream?
- 2 Why does running or playing sports make your brain work better?
- 3 How does your brain help you learn new tricks, like riding a bike?



Your next adventure starts here! Meet inspiring role models like Lisa at a **Stemettes** Event.

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Main Course



20 mins 1 activity
40 mins 2 activities

Explore

Explore the brain's anatomy using this information. Draw the brain using your choice of materials and label the parts with their names.

- Include a brief explanation of each part's function.

Ingredients:

- Internet access
- Colouring pencils
- Marker pens
- Paper

Make



Lights, camera...action! Your mission, should you accept it, is to become the director of a TV series! Imagine your story idea as a brand-new show that everyone will want to binge-watch. It's time to bring it to life by creating a jaw-dropping storyboard for the official trailer.

- Who are your unforgettable characters? Maybe a brilliant scientist, a tech-savvy engineer, or even an artist who codes!

Ingredients:

- Paper
- Colouring pencils

Dessert



5
mins

Show and Tell

Spread the fun and excitement by sharing the challenges you've been exploring with your friends and family.

Share

We would love to see how you're doing with the challenges. Remember to tag us on social media and use the hashtag **#GGSWExStemettes**