The Raw Brain
Sushi Bar
Creating environments that influence healthy and successful learning through combining different aspects of the brain and body
MAIN ROLLS

CRITICAL THOUGHT ROLLS

LEARNING CYCLE
Combined with ECS, this cycle starts with the amygdala and gets processed to the temporal cortex. From here the ECS gets passed onto the frontal cortex where critical thinking takes place. With another bite, the cycle starts all over again. (Zull, 2011)

A JUST BALANCE
Equal parts frontal & back cortex, wrapped in fasciculi. The temporal cortex kicks in to create a unified and just balance between the whole roll (Zull, 2011).

INTERVALS
A small roll brought out every 10 minutes. Each roll is displayed differently to keep you hooked and your long term memory intact (Medina, 2008).

TEMPORAL CORTEX
FASICIULI
FRONTAL CORTEX
BACK CORTEX
A JUST BALANCE ROLL

IN MOTION ROLLS

3 AMIGOS
Containing the 3 neurotransmitters that are released and regulated by the brain, serotonin, dopamine, and norepinephrine, brings a calm and open mindset. (Medina, 2008)

BRAIN FERTILIZER
With the main ingredient as BDNF, there is no way this roll can’t make you smarter. BDNF has been proven to encourage neurogenesis and helps neurons stay healthy and sociable (Medina, 2008).

ZERO HOUR
Using the 3/3/3 ratio, this roll has shown that 30 minutes of heart rate zone 3, 3 days per week has improved academic & emotional intelligences (Ratey, 2008).
MIXED ROLLS
HAND CRAFTED TO INTEGRATE ASPECTS THAT CREATE BETTER RESPONSIVENESS TO INSTRUCTION

THE BIG BANG
ZERO HOUR + 3 AMIGOS + LEARNING CYCLE
ZERO HOURS GIVES THE 3 AMIGOS A BREAK OUT IN THE BRAIN. THE ECS CREATES ITS WAY INTO THE FRONTAL CORTEX TO GIVE YOU THE BEST ENVIRONMENT FOR YOUR LEARNING.

THOUGHT CHANGER
LEARNING CYCLE + INTUITION
THE INTUITION CREATES THE RIGHT ENVIRONMENT FOR THE LEARNING CYCLE TO PROCESS THIS EXPERIENCE IN A POSITIVE & THOUGHT CHANGING WAY.

MULTIPLE INTELLIGENCES
A JUST BALANCE + LEARNING CYCLE + E.T.
USING THE WHOLE BRAIN FOR ACADEMIC AND EMOTIONAL INTELLIGENCES HAS SHOWN TO GIVE ONE A BETTER ADVANTAGE IN ANY DOMAIN IN LIFE (GOLEMAN, 2006)

WELL BEING ROLLS
INTUITION

E.T.
OUT OF THIS WORLD MIND CHANGING. INCLUDING SEVERAL DIFFERENT ELEMENTS THAT HELP YOUR EMOTIONAL INTELLIGENCE AND WELL BEING (GOLEMAN, 2006)

CREATE YOU OWN!
MAKE ANY ADAPTATIONS OR MIX ANY ROLLS TO FIT YOUR NEEDS!
Since the creation of The Raw Brain Sushi Bar, Sarah Nelson has brought forth different aspects from different research to create an environment that fosters healthy and successful learning. She has taken findings from John Ratey (M.D., 2008), John Medina (2008 & 2011), James Zull (2002 & 2011), Daniel Goleman (2006), Immordino-Yang & Faeth (2010) and David Sousa (2010). She has incorporated different findings about exercise, cognition, and emotion to try and find the best balance for meaningful learning. There needs to be a balance between the brain, body, academic and emotional intelligences to create the best environment for young learners.