

**Be
Curious**

Make your own...

Thought web



**UNIVERSITY
OF LEEDS**

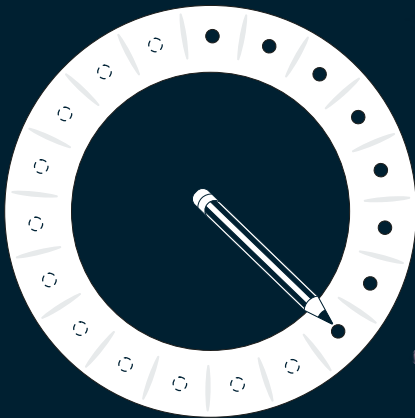
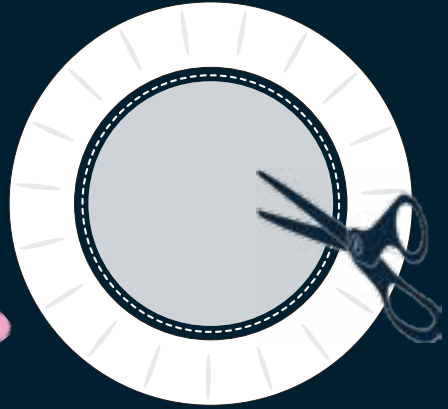
You will need:

- Paper plate
- Wool, string or thread
- Scissors
- A pencil
- Hole punch

Instructions

1. Make your frame

Cut out the centre of your paper plate to make a ring.



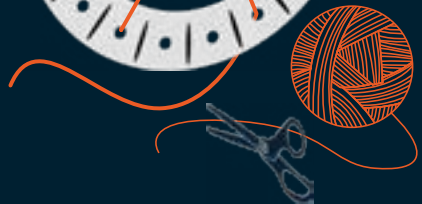
2. Cut the holes

Punch small holes around the edge or carefully poke holes with a pencil.



3. Thread the wool

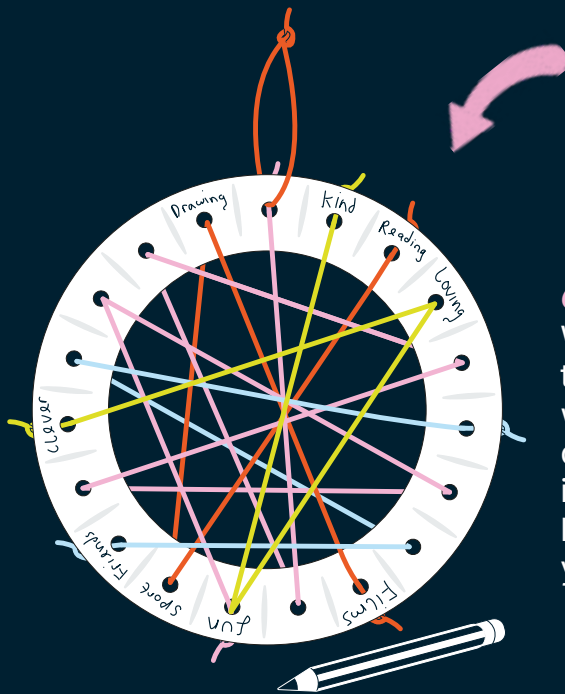
Tie a knot at one end of your wool, push it through a hole and start weaving through the others.



4. Build connections

Use different colours of wool to show the things that make you – your favourite hobbies, skills or feelings.

Watch how the threads cross connect. Your brain builds connections just like this as you learn and grow.



6. Finishing touches

When you're done, decorate the edge of your plate with words or doodles that describe you. Hang your web in your room as a reminder of how powerful and amazing your brain is!

Now try this!

Over the next week, make another web. Add a new colour each day to show what you've learned or how you're feeling. You could ask a friend to do the same and compare your creations.



Inspired by research

This activity is inspired by real brain research happening at the University of Leeds, where scientists are exploring something called perineural nets (or PNNs for short). These tiny, web-like structures surround neurons. Neurons are special brain cells that send and receive messages, helping us to think, move and remember.

PNNs are built from special molecules that join together, just like the threads in your Thought Web. They help to hold the connections between neurons in place, keeping our memories and learning strong. These connections give support so messages can travel safely and clearly across your brain.

Scientists often say PNNs are like spider webs. Once a web is built, it protects what's inside and connects everything around it. By weaving your own web, you can imagine how your brain works, adding a new thread in your brain every time you learn something new, remember a happy moment, or practice a skill.

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