NAME

DATE

TEACHER

LEVEL



Where your attention goes, your energy flows.



Attention is a powerful tool that helps the brain learn and remember information. Every day, the brain receives thousands of signals, sounds, and ideas, but attention helps the brain decide what information is important. This process allows the brain to focus its energy on understanding new ideas instead of becoming distracted. Because of this, attention is the first step that helps learning begin.

The hippocampus plays an important role in turning information into memory. When students focus during a lesson, the hippocampus stores new information and helps create memories that can be used later. This happens because attention tells the brain that the information matters and should be saved. As a result, focused attention helps the hippocampus build stronger memories over time.

The brain also releases a chemical called dopamine when we feel curious, successful, or proud of our work. Dopamine motivates the brain to keep learning and makes learning feel rewarding and exciting. When students experience success, dopamine encourages them to pay attention and try again. For this reason, scientists often say that where your attention goes, your energy flows, because focusing on learning helps the brain grow stronger and smarter.

LIVEWORKSHEETS