

Hey all you cool cats and kittens!

My apologies if you haven't been watching Tiger King on Netflix, and if you have watched it . . . . then my sympathies ;)

I'd like to start by finishing up our unit on the Biological Basis of Behaviour. When we last met, we were learning about the neurons, and the structure and function of the brain.

**#1.** For this week, I'd like you to follow the link below for a short video about "Weird Involuntary Behaviours", and check out the discussion questions (see #2 below) that go with it:

[https://ed.ted.com/best\\_of\\_web/Qv36gDZx#watch](https://ed.ted.com/best_of_web/Qv36gDZx#watch)

(If the link doesn't work, search for "5 Weird Involuntary Behaviours Explained!" and you should be able to find it on YouTube.)

**#2. Discussion Questions:**

- a) What are some possible reasons we experience "eye twitches?"
- b) Which two functions might be battling it out during sleep starts, or "hypnagogic myoclonus?"
  - i. your motor functions and your sleep functions
  - ii. your fight or flight response
  - iii. your dreams vs. reality
- c) What's the most surprising thing you learned from this video? What questions do you still have?

*Please note: You aren't required to print, email, post or write detailed answers to any of the questions, but you can certainly do this if you'd like. Think of the questions as extensions or supplements to your learning. I'm hoping to discuss the ideas using posts on Teams, so I would love to see posts from you asking questions, or sharing what you've learned.*

That's it for now! Remember, this week was about getting connected, and checking out some options for home learning. I don't want to increase anyone's stress level, so if you find all this "psychology stuff" is making you feel frustrated or anxious, please just step away and let it be for now. ☺

Take care!

Your "emergency remote-learning" psychology teacher,

*Mrs. Moran*