

BRAIN STIMULATION AND BRAIN EXERCISES





You can stay fit by visiting your gym (here of course), when I say fit I mean brain fitness. •

Here you stretch
and train your brain to the limit, you can •
train and test
your memory, your reflex, test your brain •
creativity and improve it and much more.





You will find some brain workouts that can help your mind process information more quickly, and more efficiently, as well as the ability to perform multiple tasks at the same time. You can get help to concentrate more and increase your brain reflection speed; you will find simple but very effective brain training games and exercises like solving math problems.



Included you will find some famous brainteasers, and puzzles that are good for brain stretching. Below is a list of activities described in more detail:

Brain Training Activities



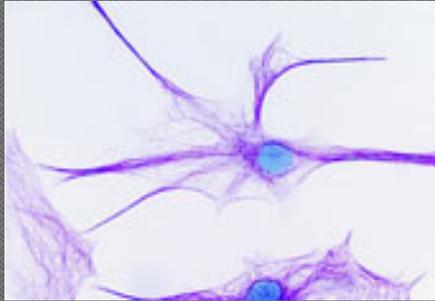
Brain Reflection Test •

Brain Creativity

Memory Test

IQ Booster

Brain Stretching



Sudoku – Brain Stimulation

Spatial Intelligence

Cognitive Training

You can read about Intelligence and read about the IQ or take an IQ Test if you want, please note that the tests are just for brain training purposes and don't determine your actual level. Some games can be addictive so play responsibly.



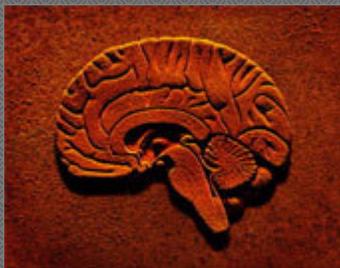
Below is a series of movements called PACE. They are surprisingly simple, but very effective! Everyone has a unique PACE and these activities will help both teacher and student become positive, active, clear and energetic for learning.





• **Drink Water** •

As Carla Hannaford says, "Water comprises more of the brain (with estimates of 90%) than of any other organ of the body." Having students drink some water before and during class can help "grease the wheel". Drinking water is very important before any stressful situation - tests! - as we tend to perspire under stress, and de-hydration can effect our concentration negatively





• **"Brain Buttons"** •

This exercise helps improve blood flow to the brain to "switch on" the entire brain before a lesson begins. The increased blood flow helps improve concentration skills required for reading, writing, etc. •

Put one hand so that there is as wide a space as possible between the thumb and index finger. •

Place your index and thumb into the slight indentations below the collar bone on each side of the sternum. Press lightly in a pulsing manner. •

At the same time put the other hand over the navel area of the stomach. Gently press on these points for about 2 minutes. •



• • **Cross Crawl"**

This exercise helps coordinate right and left brain by exercising the information flow between the two hemispheres. It is useful for spelling, writing, listening, reading and comprehension.

Stand or sit. Put the right hand across the body to the left knee as you raise it, and then do the same thing for the left hand on the right knee just as if you were marching.

Just do this either sitting or standing for about 2 minutes



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"Hook Ups" •

This works well for nerves before a test or special event such as making a speech. Any situation which will cause nervousness calls for a few "hook ups" to calm the mind and improve concentration. •

Stand or sit. Cross the right leg over the left at the ankles. •

Take your right wrist and cross it over the left wrist and link up the fingers so that the right wrist is on top. •

Bend the elbows out and gently turn the fingers in towards the body until they rest on the sternum (breast bone) in the center of the chest. Stay in this position. •

Keep the ankles crossed and the wrists crossed and then breathe evenly in this position for a few minutes. You will be noticeably calmer after that time. •

Using music in the classroom: •

Six years ago researchers reported that people scored better on a standard IQ test after listening to Mozart. You would be surprised at how much music can also help English learners. •



A Brain Exercise You Can Do Right Now

This is an exercise that can strengthen neural connections and even create new ones.

Switch the hand you are using to control the computer mouse. Use the hand you normally do NOT use.



What do you notice?

Is it harder to be precise and accurate with your motions?

Do you feel like you did when you were first learning to tie your shoelaces?

If you are feeling uncomfortable and awkward don't worry, your brain is learning a new skill.

Try other neural building and strengthening exercises with everyday movements. Use your opposite hand to brush your teeth, dial the phone or operate the TV remote.



Mental Exercise for a Better Brain •

When we are young the world seems filled with curious wonders, delightful discoveries, and daunting challenges. •

Our brains are taking in countless bits of information and we are developing lifetime skills. This burst of learning is like the brain Olympics of our human journey.

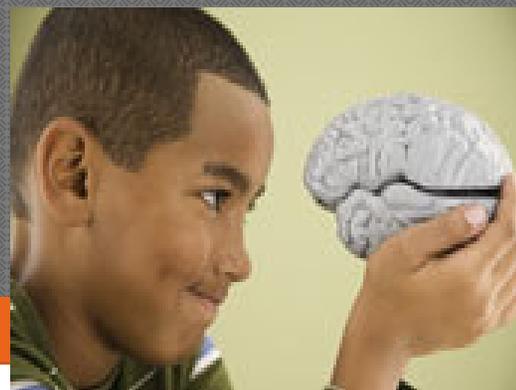
Yet unlike the Olympic athletes who have a limited time to demonstrate their peak performance, the human brain can continue to grow and improve with exercise.

Here you will find a variety of suggestions and research •
that can help keep you mentally fit.



You may be the smartest person in the world and you don't even know it. If you're not the most intelligent person in the world yet, then, welcome to your gym!

There is always a chance to improve



THANK YOU

