

Mindboggling

- Visualize a place you'd like to be. Maybe it's riding a bike, sitting in the park or just hanging out in your bedroom. Create an image of that place and hold it in your mind for a minute.

Visual Imagery (visual cortex)

- Listen to the sounds in the room – really listen. What do you hear? Is it the cracking of someone's gum, a whisper, the hum of the air conditioner? How many sounds can you differentiate?

Auditory Cortex

- Starting at 100, count backwards by 7.

Cognitive

- Recall an event from your past, try to remember as many details as you can from it. (Example: the first time you rode a bike, a family holiday). What emotions were you feeling?

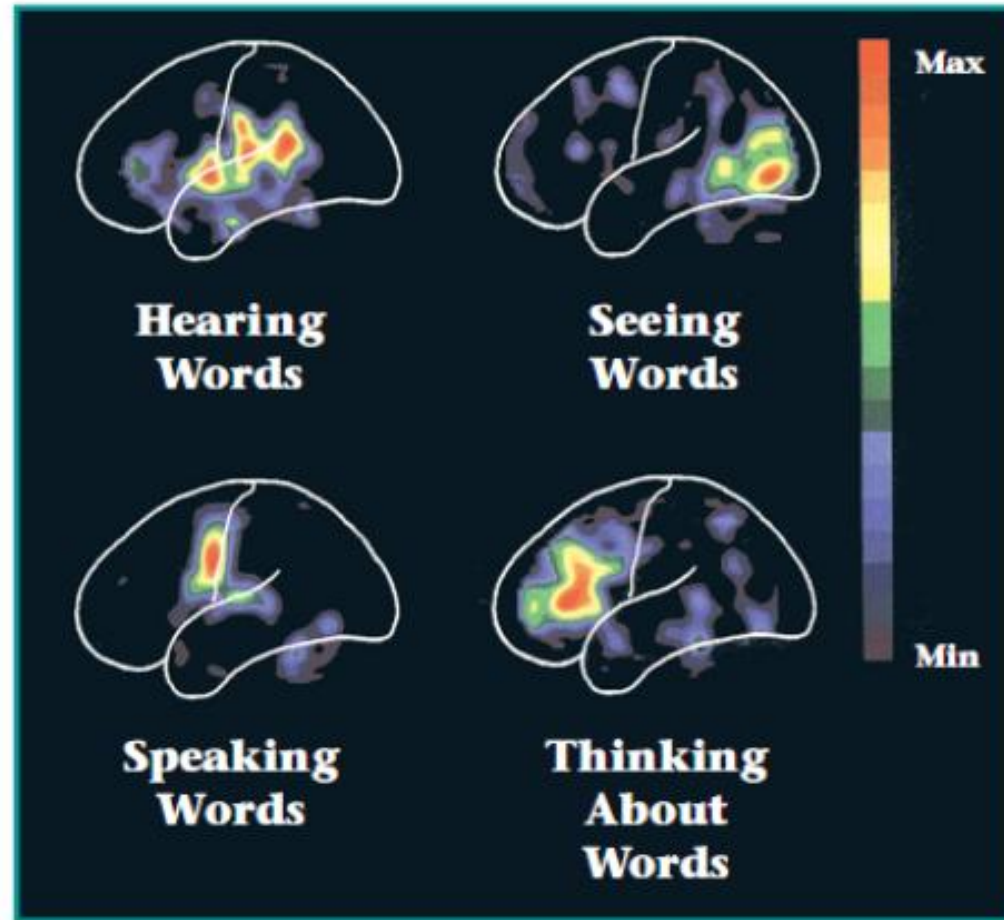
Hippocampus

- Memorize this list
- Candy, Head, Bear,
Farm, Ring, Cat,
Jennifer, Necklace, Nine,
Pen

Memory

- What were the items on the list?
- How can you make it easier to remember a list?

- PET SCANS
- Positron Emission Tomography



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Visual Brain Test:

Count how many
cubes are here. Be
sure to think twice!



Visual Brain Test:

Count how many
cubes are here. Be
sure to think twice!



**14 or 16? Depends on how you
look at it.**

YELLOW
BLACK
PURPLE
ORANGE
BLUE
GREEN

List the colors.

- Don't look at the clock, but have your partner watch it. Try to guess how long it takes for 30 seconds to pass. After a few tries you should become more accurate.

Train Your Brain.

Processing Words and Letters

Read the Sentence and count how many letter F's are in it.

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS...

Processing Words and Letters

Read the Sentence and count how many letter F's are in it. - THERE ARE 6

FINISHED FILES ARE THE RE
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Your brain does not process the word "of" when reading sentences.

- Headache = Brain Pain
- Chief Genius = Main Brain
- Tune you can't get out of your head = Brain Refrain
- Vehicle that transports cerebrums = Brain train
- What a neurology professor does = Explains Brains
- Not abnormal = Sane Brain

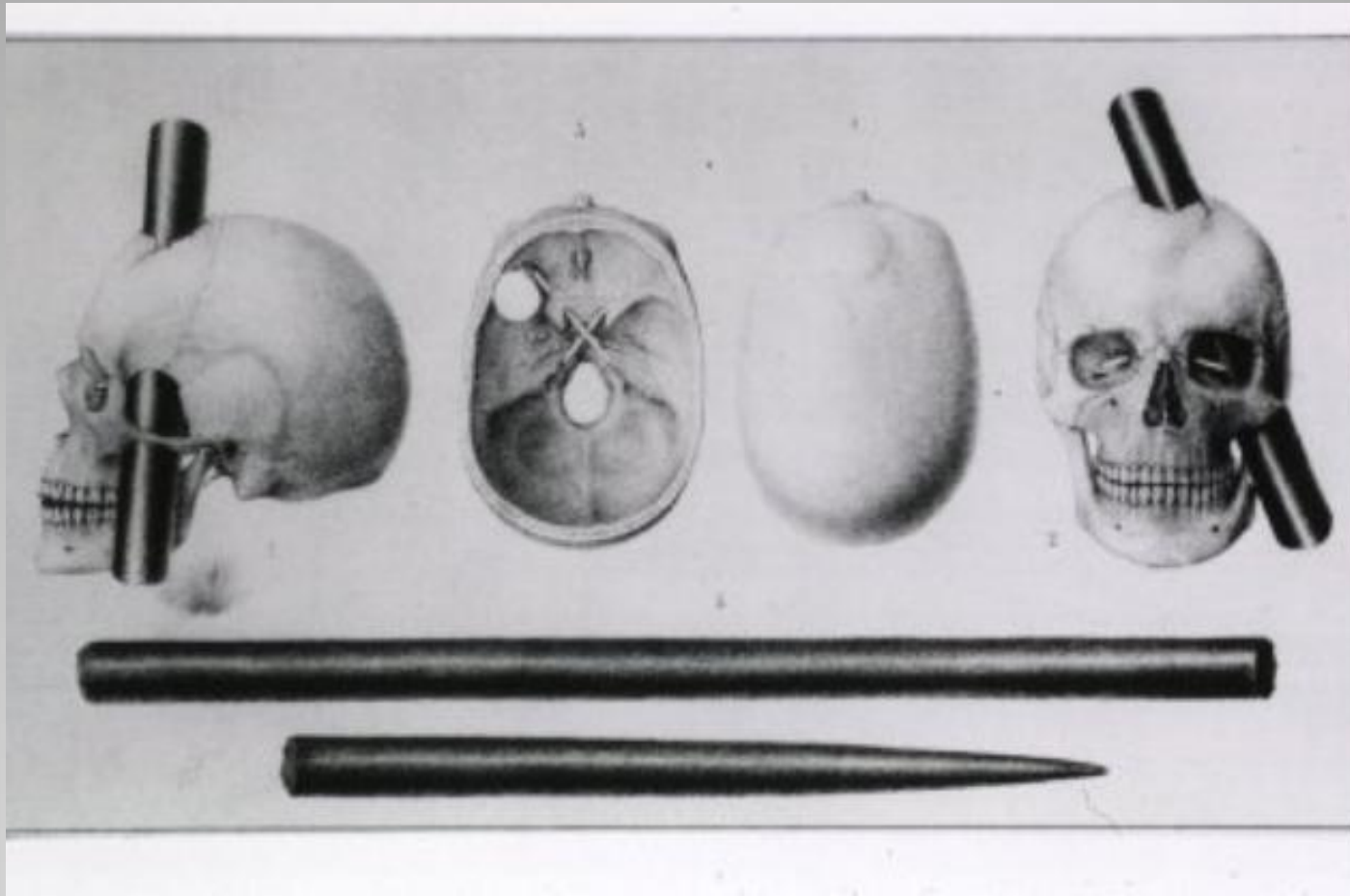
Brain Teaser – Word Rhymes

- Headache = Brain _____
- Chief Genius = _____ Brain
- Tune you can't get out of your head = Brain

- Vehicle that transports cerebrums = Brain

- What a neurology professor does =
_____ Brains
- Not abnormal = _____ Brain

Brain Teaser – Word Rhymes



The Curious Case of Phineas Gage

