

Exercise your brain

Try these exercises to help challenge your brain. They don't take long and you can do them throughout the day.

Use the opposite hand

Try to do everyday things like cleaning your teeth, opening a door, and brushing your hair with the opposite hand (that is, the hand you DON'T usually use). It will feel really strange because your brain is learning a new skill. These actions build and strengthen the neural pathways in your brain.

Challenge your brain to learn new skills.

Why not try Chess, modeling with clay, dancing, painting, singing? Any new activity exercises your brain.

Travel

You don't have to get on a plane!! Just visit somewhere different. It may even be in the same neighborhood – you just haven't been there before.

Use 'different' senses for everyday activities

Try and include more than one of your senses in everyday tasks.

- Get dressed with your eyes closed.
- Wash your hair with your eyes closed.
- Practice communicating with someone without talking!

Combine two senses

- Listen to music and smell flowers
- Listen to rain and tap your fingers
- Watch clouds and play with modeling clay at the same time
- Sing while you are preparing your lunch

Break routine

- Try a different routine to get yourself to school (get dressed after you eat breakfast instead of the other way around)
- Go to school another way
- Sit in a different seat in class
- Shop at a different place

READ, READ, READ

- Do crossword puzzles
- Play Scrabble
- Start a new hobby

Use it or lose it

- The more you use your brain the better it will develop.
- TV dulls the brain so limit / reduce the amount of time that you watch TV (I know that is easier said than done)

Inspire

Have you heard the saying "A change is as good as a holiday" – that goes for your brain as well. Try to make your bedroom / study a stimulating place to be. Change your posters etc. on a regular basis. Your brain loves new things so 'mix it up' a bit.

Ideas adapted from: <http://www.fi.edu/learn/brain/exercise.html#mentalexercise>