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Documentation

Activity: TRAIN YOUR BRAIN	Subject: MATHS, PE	Activity number: P3
Name of the activity: TRAIN ACTIVITES FOR YOUR HEALTHY BRAIN	Place: CLASSROOM	Date: MARCH 2019
Number of pupils:	Pupils age:	Connection to other subjects:
46	8-9	MATHS, PE, ARTS

Preparatory activities:

There are many different programs out there with different activities and exercises designed to enhance various cognitive functions. Most of them are trying to train people to:

- Pay attention better
- Process information more quickly
- Retain information
- Learn and remember more
- Be more cognitively flexible, which really means to be able to shift your attention from one place to another effectively.

Activity:

Besides keeping healthy and staying fit, we need to have a fit brain. It's important to keep our brains active. This can be done by using our imaginations, trying new things, and exercising our memories

-Exercise

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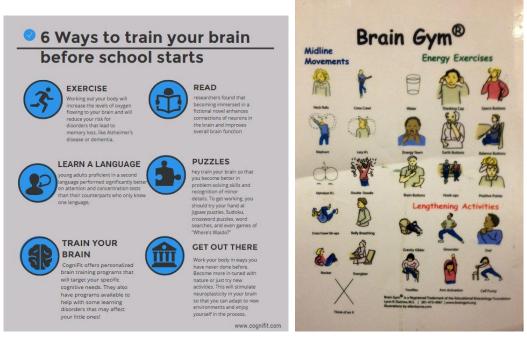


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- -Puzzles
- -Get enough sleep
- -Spend time with love ones
- Visit as many museums and live performances as you can
- Recreational outdoor activities
- Memorize

Subsequent activities:



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Results:

Comments:

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