



Erasmus+

Let's get school outdoors!

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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: 46	Pupils age: 8-9	Connection to other subjects: 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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- 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:

6 Ways to train your brain before school starts

EXERCISE
Working out your body will increase the levels of oxygen flowing to your brain and will reduce your risk for disorders that lead to memory loss, like Alzheimer's disease or dementia.

READ
Researchers found that becoming immersed in a fictional novel enhances connections of neurons in the brain and improves overall brain function.

LEARN A LANGUAGE
Young adults proficient in a second language performed significantly better on attention and concentration tests than their counterparts who only knew one language.

PUZZLES
They train your brain so that you become better in problem-solving skills and recognition of minor details. To get working, you should try your hand at: jigsaw puzzles, Sudoku, crossword puzzles, word searches, and even games of "Where's Waldo?"

TRAIN YOUR BRAIN
CogniFit offers personalized brain training programs that will target your specific cognitive needs. They also have programs available to help with some learning disorders that may affect your little ones!

GET OUT THERE
Work your body in ways you have never done before. Become more in-tuned with nature or just try new activities. This will stimulate neuroplasticity in your brain so that you can adapt to new environments and enjoy yourself in the process.

www.cognifit.com

Brain Gym®

Midline Movements

Energy Exercises

Lengthening Activities

Think of an X

Brain Gym® is a Registered Trademark of the Educational Kinesthetics Foundation
Lynn R. Ostrom, M.S. | 301-473-4967 | www.braingym.org
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Results:

Comments:

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