GET BRAINY!

Apply Brain Science to your live and online training!

Use these 6 brain-science principles to maximize learning!

TEST YOUR MEMORY!

To better remember these 6 principles, draw each icon on p. 20 in the box below.

MOVEMENT tops sitting

Keep the blood flowing to the brain. Experts suggest we should take breaks every 20 minutes and integrate movement into learning experiences.
Try Koosh (p 18), Thumballs (pp 2-5) and Prize wheels (p 45)

TALKING tops listening

The one doing the most talking generally does the most learning. Make that be the students.
Use Thumballs (pp 2-5), Decks (p 30), Start-Stop-Continue-Change (p 43)

IMAGES top words

Vision is humans' primary sense and we think in images first. To make training memorable, structure activities to tie the content to visual images.
Explore ULead Deck (p 34), TeamWriter (discuss/draw icons, p 24)

WRITING tops reading

Writing has the combined benefits of being visual and requiring movement. Guide your groups to take notes on specific topics that are important to recall.
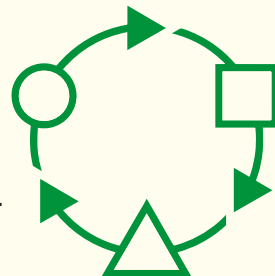*Integrate Answer Boards (pp 12-13) and I Got This (p 43) into your sessions*

SHORTER tops longer

It's not about age. Everyone benefits from frequent breaks. Plus, content broken into chunks becomes more memorable.
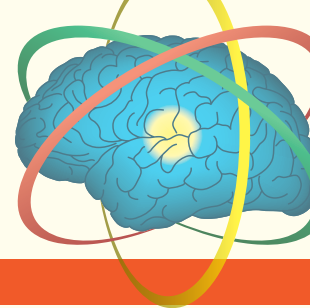*Don't forget your Energy Break Thumball (p 5)*

DIFFERENT tops same

Habituation is the idea that we stop noticing and paying attention to anything that's not new. Keep changing things up.
Whaddaya Know (p 44) and Fidgets (pp 14-19) are great choices

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Movement tops sitting

Techniques I could try	Tools I could use
Stand-pair-share	Koosh ball game p. 18

Talking tops listening

Techniques I could try	Tools I could use
Mini teach-backs	CYO Thumball p. 4

Images tops words

Techniques I could try	Tools I could use
Match concept to write	ULead Cards p. 22

Writing tops reading

Techniques I could try	Tools I could use
Write key points	I Got This p. 43

Shorter tops longer

Techniques I could try	Tools I could use
Take a "stretch break"	Energy Break Thumball p. 5

Different tops same

Techniques I could try	Tools I could use
Students create questions	Whaddaya Know game p. 44

Thanks for these tips go to Sharon Bowman