



## BRAIN FREEZE

We all know the importance of physical fitness. You will undoubtedly be a faster swimmer with greater stamina if you are physically fit. Likewise, with higher levels of brain fitness you will be able to learn better and achieve higher grades in school. Your brain is the key to controlling and influencing every thing you do.

Here are two simple activities that stimulate your Auditory and Visual Brain Pillars. They are responsible for processing sounds you hear and how well you perceive things with your eyes – both vital for learning excellence.

### Activity 1

You need someone to read out the instructions for the following activity. Have a pencil and a sheet of paper ready. Follow the instructions as they are read out as closely as possible.

#### Instructions

1. Write your name and your age at the centre bottom of the page.
2. Draw a sun about the size of a small coin at the top centre of the page.
3. Draw a line cutting across the middle of the page.
4. Draw three fish about the size of your last finger, side by side, below the line.
5. Draw two turtles below the fish about the size of your thumb.
6. Draw five round rocks below the turtles.

- ▶ Does your picture show the sea with the sun in the sky?
- ▶ Are there fish and turtles swimming in the water with rocks at the bottom?
- ▶ Does your masterpiece have your name on it?

If you answered “yes” to all, you have good listening skills. **Well done!**

## Activity 2

The numbers 1 to 8 have been hidden among the sea creatures. Time yourself while you find and circle the numbers. Each creature is only hiding one number.

► How much time did you take?

If you took less than 30 seconds, your visual skills are good. **Excellent!**

