

**PREPARING CHILDREN FOR SUCCESS
IN LIFE**

20 Ways to Increase A Child's Brain Power



Testing Your Knowledge of Brain Facts

Today's Brain - How Different?

Elements of a Brain-based Environment



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Testing Your Knowledge of Brain Facts

Respond True (T) or False (F) to the following statements:

1. Zero to four years of age is the most rapid period of growth for brain cells.
2. Mothers spend an average of 30 minutes per day in meaningful conversation with their children.
3. The frontal lobe of the brain matures when children are in their teens.
4. The average attention span of a child's brain is equal to their age in minutes.
5. Laughter strengthens the immune system and improves health.
6. The amount of sleep the brain needs varies from person to person.
7. Talking and moving help the brain remember content.
8. Blues, greens, and earth tones are high energy colors.
9. Stress is the number one cause of aging.
10. Exercise or movement is one of the ten things that enables people to live beyond the age of eighty.

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Elements of a Brain-Based Environment

| ELEMENTS | BEST/CALMING | WORST/HIGH ENERGY |
|---------------------|--------------|-------------------|
| Color | | |
| Music | | |
| Lighting | | |
| Aromas | | |
| Seating | | |

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