



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Brain Games

Instructions: Circle one of the activities (or write your own) and spend at least 10 minutes each day practicing it. Try to improve every day for a week. Each day, on a scale of 0 to 10 (0 meaning you can't do the task at all, 10 meaning you can do it perfectly), rate how well you're doing compared with the day before. Make sure to notice, as you practice and your neurons make new pathways, if the activity gets easier. Remember, you might not get the activity completely right in a week, but you should be getting a little better at it each day!

- ★ Learn a multiplication table
- ★ Memorize a poem
- ★ Learn a new song on an instrument, a new dance, or lyrics to a song
- ★ Memorize all or part of King's "I Have a Dream" speech or Lincoln's Gettysburg Address
- ★ Learn how to juggle
- ★ Memorize state capitals or all 50 states (saying them in alphabetical order might help)
- ★ Memorize all the countries in Africa, Asia, Europe, or South America
- ★ Learn to sew, knit, or crochet
- ★ Say the ABCs backward
- ★ Learn relatives' phone numbers, birthdates, or the years they were born
- ★ Count to 20 in a different language
- ★ Learn how to spell 20 (or more) new words
- ★ Learn a new basketball shot
- ★ My own activity: \_\_\_\_\_

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
My daily rating							