


Build Skills Every Day

Keep Your Eyes on the Future

The more you stimulate your brain, the better your study skills will be. There are lots of ways you can do this. Changing your everyday routines; paying attention to sounds, smells, sights, and tastes; working your memory; and attempting unusual physical challenges are all ways to get your brain to work harder and differently. Here are some suggestions you can try:



☛ Keep a dream diary. Keep a pen and paper by your bed and write down your dreams when you wake up.

☛ Try a Screen Turnoff Day. Don't watch any TV or use any computers or video games for one day. Think of things you might do instead.

☛ Eat your lunch backward. Whatever you usually eat last, eat first.

☛ Brush your teeth with your non-dominant hand. That means that if you're right-handed, use your left hand. If you're left-handed, use your right.

☛ Try a food you've never eaten before.

☛ Sit in a different seat at the dinner table. How does the room look different?

☛ Sleep with your head at the foot of your bed.

☛ Try eating your lunch without smelling it. Does it taste as good when you don't smell it?

☛ Give a taste test. Take five foods and have a friend identify them with his or her eyes closed. Then have that friend pick five for you to identify with your eyes closed.



Use News To Build Skills

Learning standard: planning

Imagine that Screen Turnoff Day is coming up this week. Use the Entertainment section of your newspaper to find at least five things you can do instead of watching TV or using a computer. You can also look through the rest of the newspaper for ideas.