

# brain rules



## #1 EXERCISE

Exercise boosts brain power.

## #2 SURVIVAL

The human brain evolved, too.

## #3 WIRING

Every brain is wired differently.

## #4 ATTENTION

We don't pay attention to boring things.

## #5 SHORT-TERM MEMORY

Repeat to remember.

## #6 LONG-TERM MEMORY

Remember to repeat.

## #7 SLEEP

Sleep well, think well.

## #8 STRESS

Stressed brains don't learn the same way.

## #9 SENSORY INTEGRATION

Stimulate more of the senses.

## #10 VISION

Vision trumps all other senses.

## #11 GENDER

Male and female brains are different.

## #12 EXPLORATION

We are powerful and natural explorers.