



Family Name: _____

MOTIVATING QUOTE

“Improve by 1% a day, and in just 70 days, you're twice as good.”

Alan Weiss

Discuss this quote with your family.
What does this quote mean to you?

The ACTIVITY

Outsmart Your Brain

Can you do two things at the same time? The answer is yes! You just need to practise. These types of activity are an example of 'bimanual interference' as your brain must control multiple movements at the same time. Try the following and practise in order to do them without having to think about it. Take a look at the YouTube clip below to help you.

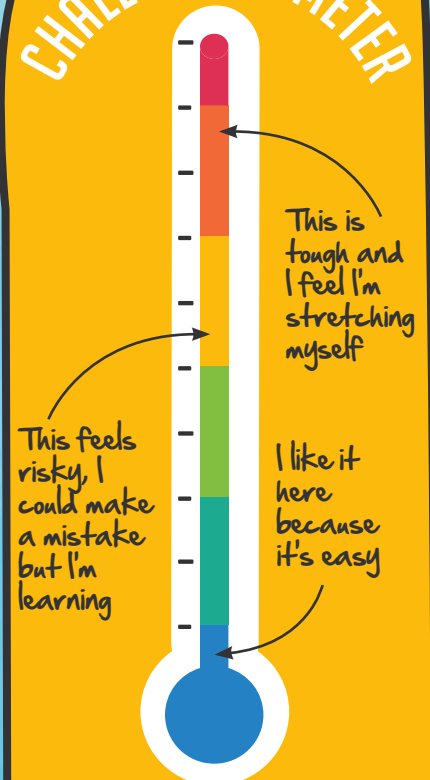
1. Stick a thumb up, and point at it. Now try switching hands.
2. Rub your belly and pat your head. Now swap arms.
3. Try touching your earlobes with your opposite finger by crossing your arms.

What did you notice when you were trying these exercises?

Resources:

Online: Sesame Street: Can You Rub Your Tummy and Pat Your Head? www.youtube.com/watch?v=INZEBkeRJEc

CHALLENGE-O-METER



CHALLENGE YOURSELF

What can you do to make this activity more challenging?

The Power of YET!

If someone gets stuck and needs some help, say:

"Remember your brain is like a muscle, and when you learn, your brain grows; the feeling of this being hard is the feeling of your brain growing."



Change your MINDSET

If someone in the family says:

"This is impossible"

encourage them to say:

"Learning is not always easy; keep trying and you'll get there."



POSITIVELY REINFORCE

Positively reinforce someone in your family by saying:

"Now, look at how much you've improved."

or

"You put so much effort in, which is fantastic. Keep going."

As a family answer the following questions.

What did you enjoy the most?

If you had the opportunity to do this again, what would you do differently?

What help would you need next time?



FABULOUS FEEDBACK

How can you apply what you have learned to other activities?

RATE ACTIVITY

As a family rate this activity out of five stars

Name:



Name:



Name:



Name:



Name:



Name:



Name:

