

# brain rules

Activities to help FCS instructors take advantage of neuroscience

Refer to FLASH 100

we are powerful and natural explorers

+ 🔦 **12. Exploration**

Refer to FLASH 90, 103

Exercise boosts brain power

+ 🏃 **1. Exercise**

Refer to FLASH 96

male and female brains are different

+ 👤 **11. Gender**

Refer to FLASH 96, 99

The human brain evolved, too

+ ✖ **2. Survival**

Refer to FLASH 95

Vision trumps all other senses

+ 👁 **10. Vision**

Refer to FLASH 91

Every brain is wired differently

+ 🔄 **3. Wiring**

Refer to FLASH 97, 102, 105

Stimulate more of the sense

+ 🌀 **9. Sensory Integration**

Refer to FLASH 92, 98, 101

we don't pay attention to boring things

+ ⚠ **4. Attention**

Refer to FLASH 94

Stressed brains don't learn the same way

+ 💣 **8. Stress**

Refer to FLASH 93

repeat to remember

+ 🕒 **5. Short-term memory**

Refer to FLASH 104

Sleep well, think well

+ 🛏 **7. Sleep**

Refer to FLASH 93

remember to repeat

+ 📅 **6. Long-term memory**