

Brain Training and Brain Plasticity

Vocabulary

Brain plasticity (or Neuroplasticity): the brain's ability to change and adapt its neural connections when we experience new things. Brain plasticity is important for learning, remembering, and even shaping our personalities.

Neural connections: the "wiring" or connections between neurons. They can be created, changed, or lost depending on how we use our brain.

Brain training (or Cognitive training): the act of "training" our brains with exercises that make them work in different ways. Training can improve memory, attention, concentration, and help keep the brain in good shape.

Spatial memory: memory responsible for recording information about the environment and our location. We use it to learn directions and locations, so that we know where we are and where we are going.

Hippocampus: the part of the brain that is involved in making memory.

Quiz!

1. What happens to the connections in your brain that were "holding" the information when you forget a piece of information, such as someone's name?

2. Which of the following activities are examples of Brain Training (hint: there's more than one answer!)?

- a. Learning new dance steps
- b. Eating the same food everyday
- c. Trying to remember the name of everyone in your class with your eyes closed
- d. Inventing ten different names for your favorite game
- e. Always taking the same route to go to school
- f. Thinking of a story while cleaning up your room

3. Give three reasons why Brain Training is important:

- I. _____
- II. _____
- III. _____

Quiz answers:

- 1. The connections in your brain become weaker.
- 2. a, c, d and f are examples of brain training activities.
- 3. Possible answers are that Brain training: keeps the brain healthy and active; helps improve concentration, memory and attention; helps us to become more creative and flexible; can reduce the effects of aging.