

BRAIN FACTS



The brain never sleeps.
It tests new ideas while
we sleep..



The brain is only 2%
of your body weight.
It needs 20% of the
energy from what you
eat.



Music and physical
activity help children
and teens learn.



The front part of the
brain takes about 21
years to fully develop.



Play is made up of new
ways of practising things.
This helps the brain learn
faster (Jensen, 1999).



The inside of your brain is
like jello or tofu.
Protect your brain!



Talking
helps you organize
your thoughts
(Hannaford, 1995).



Smiling helps to make
'feel-good' chemicals in
the brain (Hoff, 1992).



Stories help you
make connections.
This helps you remember
(Caine & Caine, 1994).



It is easier to remember
pictures or images than
words (Sylwester, 1995).