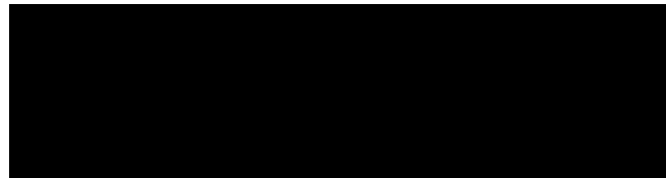
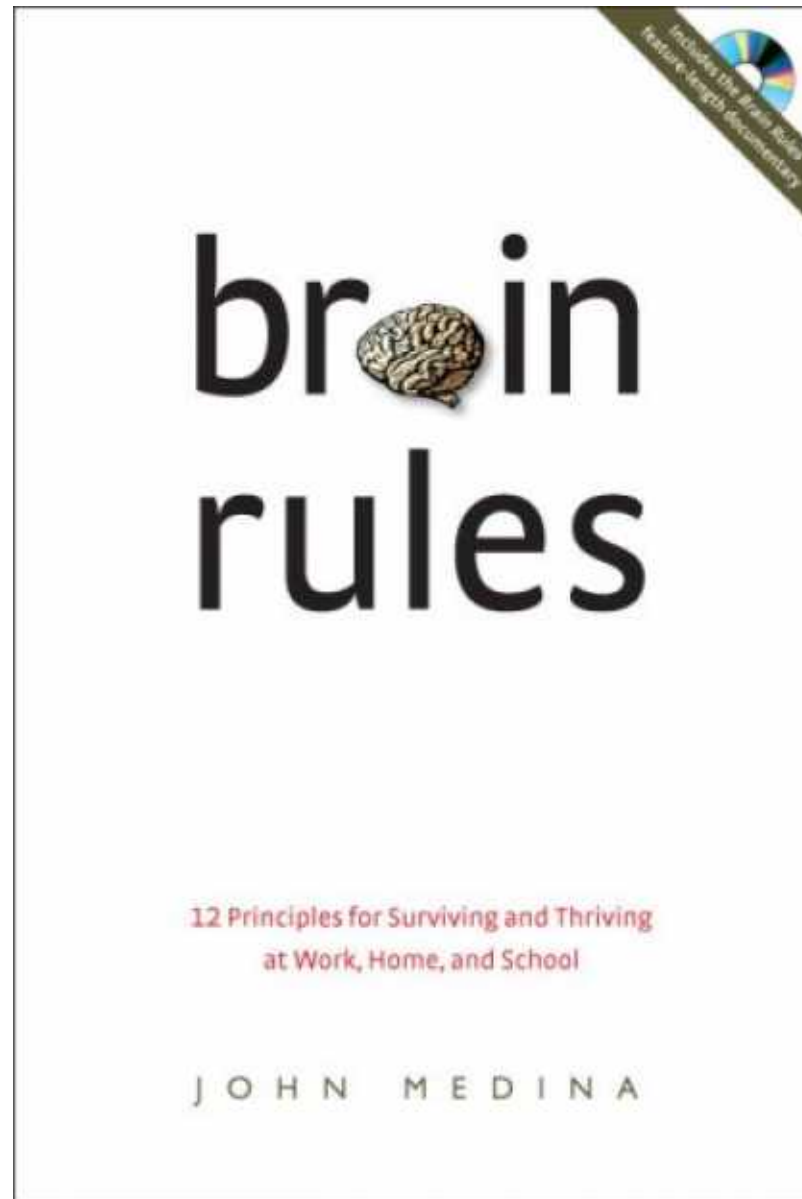


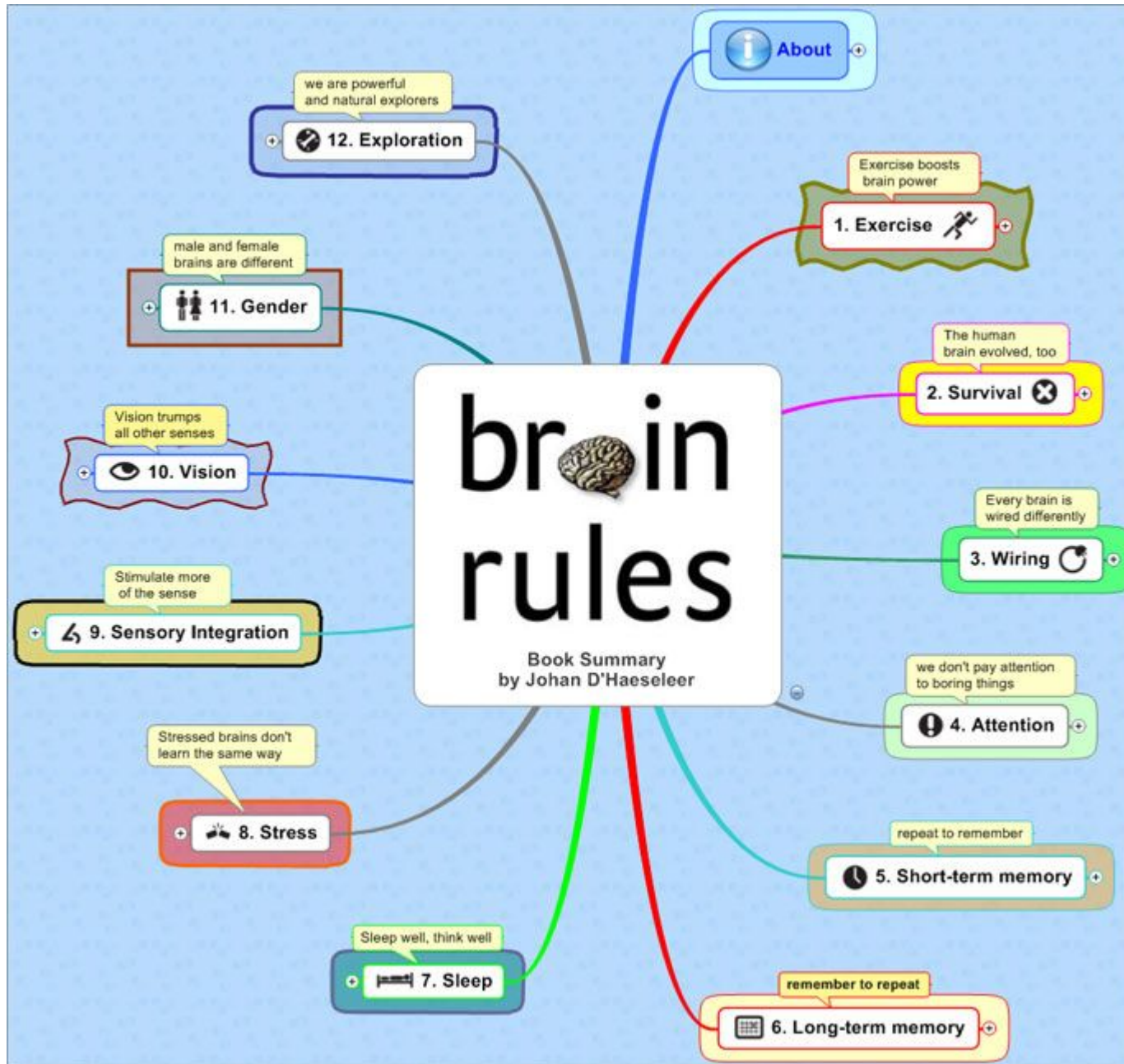
Considering the Brain

Jaye A. H. Lapachet, MLIS



Brain Rules by John Medina







Rule 1: Evolution

The human brain evolved, too:
Adapt or Die.

Rule 2: Exercise

Exercise boosts brain power



Rule 3: Wiring

Every brain is wired differently



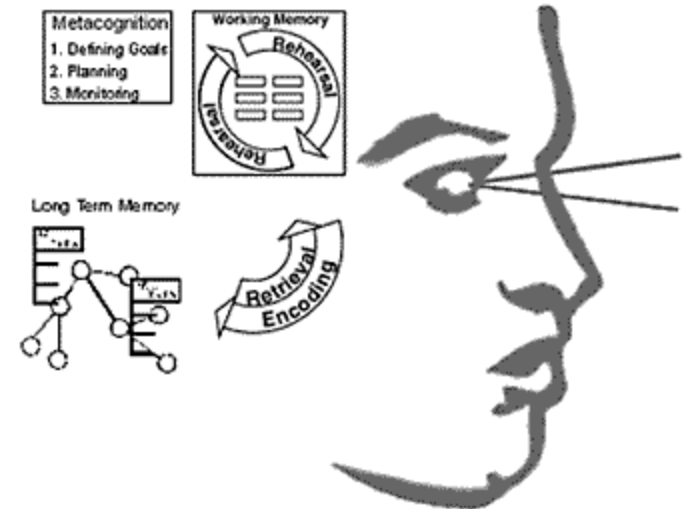


Rule 5: Short Term Memory

Repeat to Remember

Rule 6: Long Term Memory

Remember to Repeat





Rule 4: No Boredom

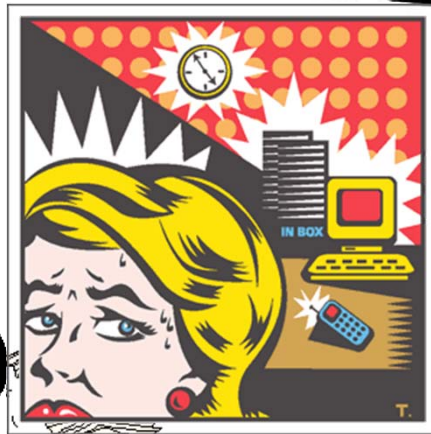
People don't pay attention to boring things

Rule 7: Sleep



Sleep well, think well.





Stress Reduction Kit

**Bang
Head
Here**

Directions:

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.



STRESS |

Rule 8: Stress

Stressed brains do not learn the same way as non-stressed brains



↳ SENSORY INTEGRATION



↳ SENSORY INTEGRATION

↳ SENSORY INTEGRATION





↳ SENSORY INTEGRATION





↳ SENSORY INTEGRATION





Rule 9: Sensory integration

Stimulate more of the senses at the same time

↳ SENSORY INTEGRATION



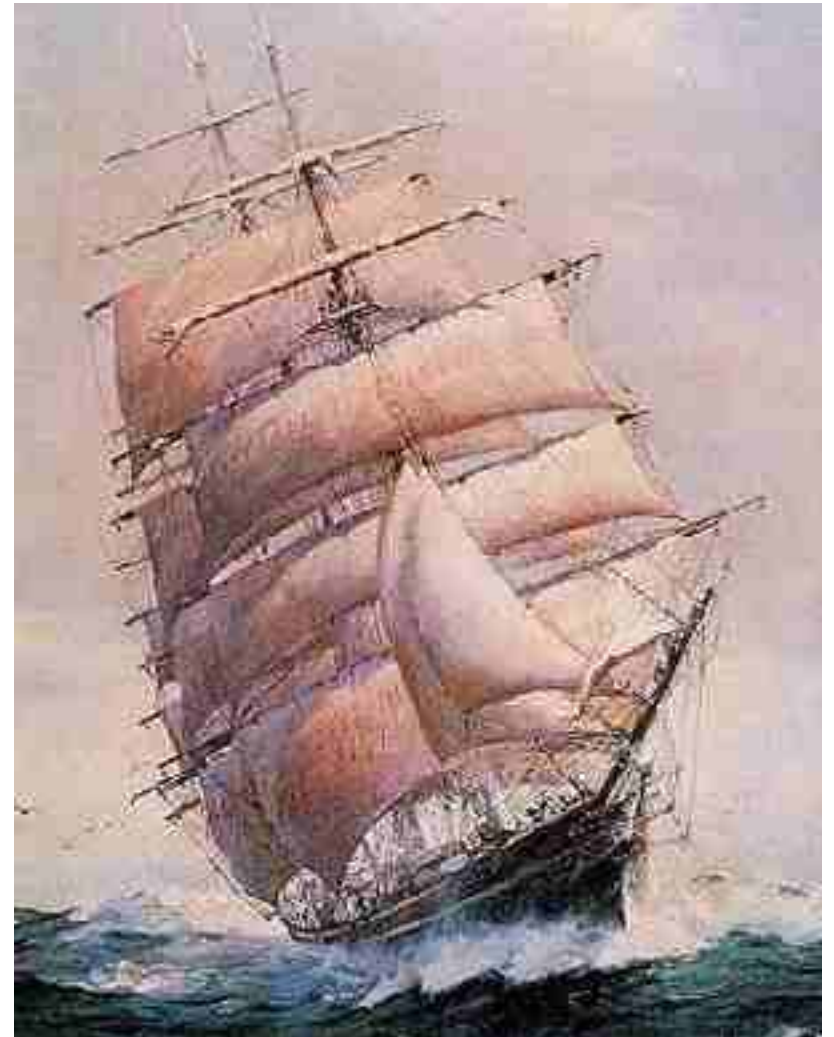


Rule 10: Vision
Vision trumps all other senses



Rule 12: Exploration

We are powerful & natural explorers.



Thank you!

Jaye A. H. Lapachet