

NEUROPLASTICITY

“Neuroplasticity” refers to your brain’s ability to restructure or rewire itself when it recognizes the need for adaption. In other words, it can continue developing and changing throughout life.

6 WAYS TO REWIRE YOUR BRAIN:

1. LEARN NEW LANGUAGE

Studying a new language at any age can lead to: stronger problem-solving and creative thinking skills, improved vocabulary, greater reading comprehension, increased ability to multitask.



"Ja ću draw jedan green flower!"



"Teto, izvuka san elephant-a!!"

2. GAME-BASED LEARNING

The benefits associated with gaming include improvements in:

- motor coordination
- visual recognition and spatial navigation
- memory and reaction time
- reasoning, decision making, and problem-solving skills
- resilience
- cooperation and team participation



3. MAKE SOME MUSIC

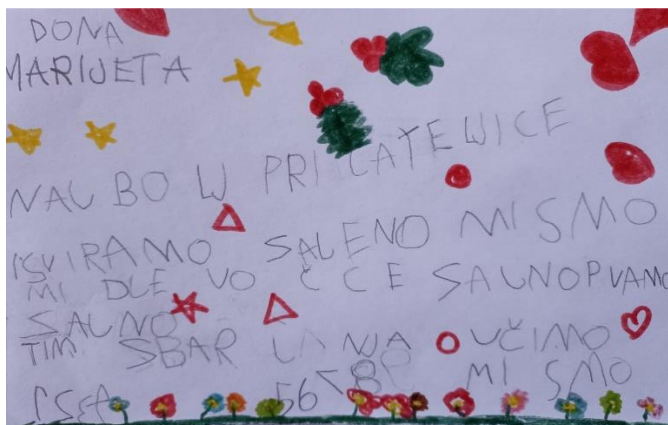
Music has several brain benefits. It can help improve your: mood, ability to learn and remember new information, concentration and focus, better audio and visual perception, better memory and motor coordination.



Vivaldi, Spring- musicograma



"Teto, pa možemo pisat pjesmicu o brojevima pa nam radi i lijeva i desna strana!"



pjesmica o brojevima

4. EXERCISE

Most people recognize that exercise offers a number of physical benefits: stronger muscles, improved fitness and health and better sleep. But physical activity also strengthens your brain. Exercise can lead to improvements in cognitive abilities like learning and memory and it, also, helps improve fine motor coordination and brain connectivity, and may protect against cognitive decline.

Brain gym exercises:

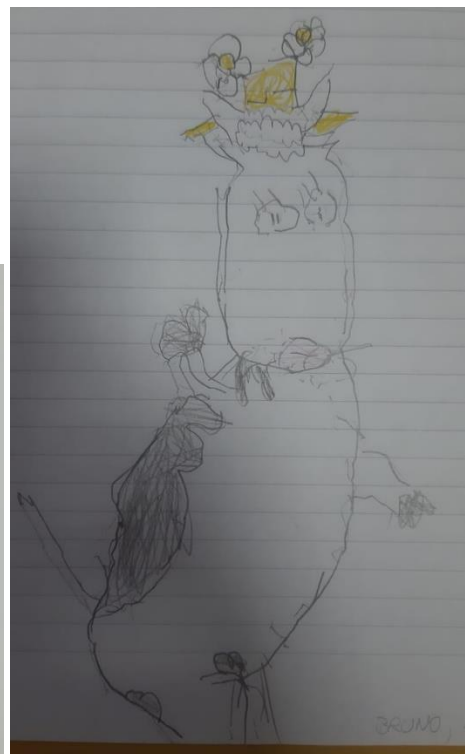


Exercise:

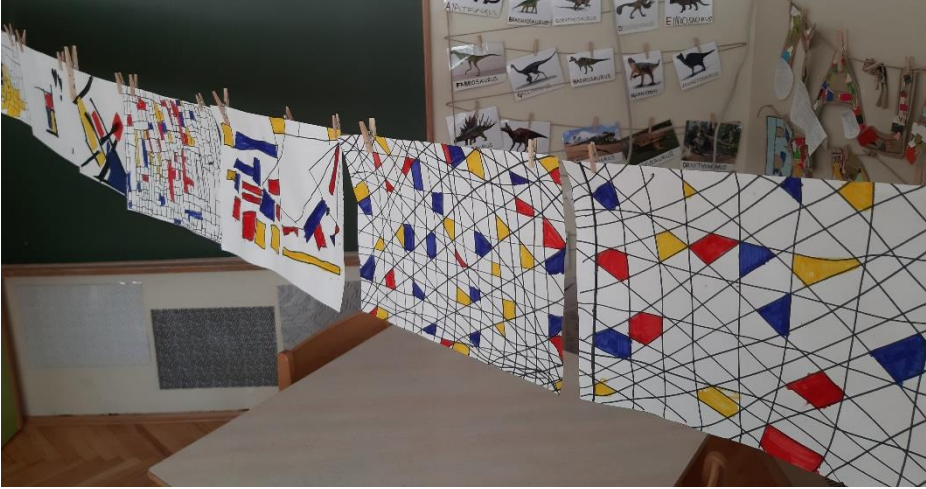


5. MAKE SOME ART

Double doodle art- to activate both sides of the brain.



Art forms such as drawing and painting directly benefit your brain by enhancing creativity and improving cognitive abilities.

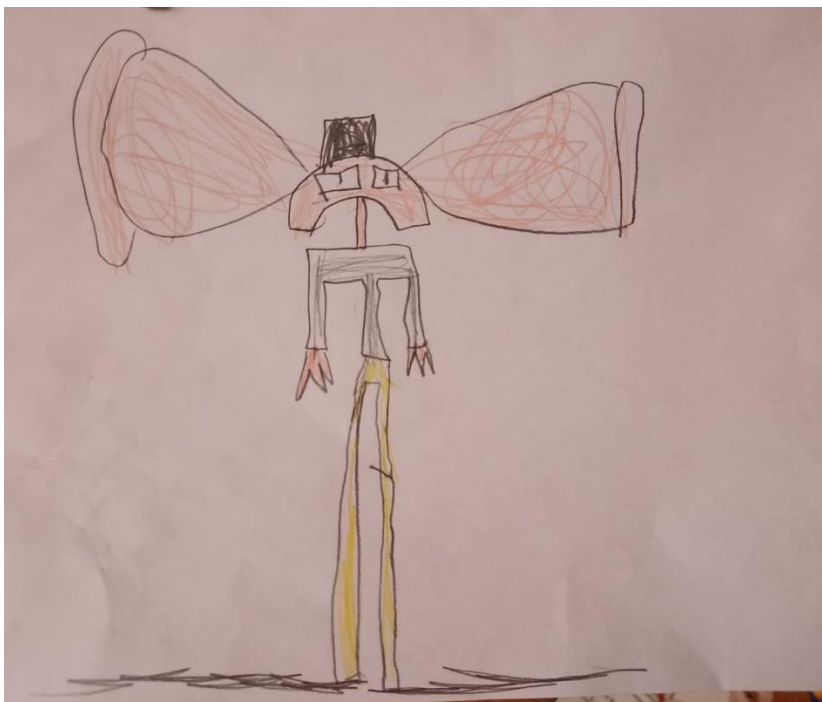


6. DIVERGENT THINKING

Divergent, also known as lateral thinking, is a way of approaching a problem. In divergent thinking, people come up with multiple, alternate or creative solutions to the same problem. Children think more divergently.



"Ovako se živi, al obrnuto, jer si upa u crnu rupu."



"Uša je u crnu rupu i sve mu se prominilo. Glava ko klupa, ruke ko trokut, velike uši, kockasto tijelo, kockasta kosa, noge i stopala izdužena."



"Ovo je kako će crna rupa usisati rakete i mali brod. Jer ona ima jaki, jaki vjetar i onda može povući u sebe sve. Kad uđu u rupu, postat će sve drugačije. Sve će izgledat drugačije. Nebo će bit, možda, crno, svjetlo će bit zeleno. Sunce može bit crvene boje."



"Da ne bi bilo gravitacije, sve bi odletilo, otišlo bi u svemir."

„Nama mozak kaže da učimo o mozgu, pa naš mozak uči o mozgu!“



"Mozak ima ima dve strane. Jedna za matematiku, jedna je za umjetnike. I puno stvari nam govori da radimo, jedan dio kaže: "Skači!", drugi kaže: "Nemoj past!", kaže nam šta vidimo i čujemo. Jedan ima i za pamćenje i učenje. Crveni!"

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