



BRAIN EXERCISES

This handout is a quick reference for some brain exercises we discussed. Try to practice at least one of these tasks throughout your day.

1. Write down as many items that are ____ (color, movie, book titles, etc.) You can do this throughout the day or try to write as many as you can within 1-2 minutes.
2. Practice writing your name or brushing your teeth with your nondominant hand.
3. Read a paragraph and try to visualize what you are reading. Try to recall the information you read an hour later. You can increase the challenge by increasing the recall time or the amount of detail recalled.