



How Brains *Really* Learn!

“...children learn best when they are happy, relaxed, and stimulated. That’s one reason why *play* is one of the best activities for children.”

-Perlmutter, David. M.D. Neurologist. (2006). *Raise a Smarter Child by Kindergarten; Build a Better Brain and Increase IQ up to 30 points*. New York: Morgan Road Books, p.8

Research says that your child learns best when her brain is happy! This is THE best way to achieve your goal.

How your child feels about brain training and practice matters—only a brain that feels safe can learn. The emotional center, the amygdala, is the gateway to the thinking parts of your child’s brain, where school learning occurs. Negative emotions shut the thinking parts of the brain down.

When your child is relaxed and laughing during brain game practice, her brain is able to grow and learn. As coach, you want to think:

- ❖ Relaxed
- ❖ Smiling
- ❖ Engaged.

Celebrate every little step forward, just like when your child learned to walk. Your child’s brain likes to grow stronger. Her motivation and self-esteem will increase with each step of every WowzaBrain Game she nails.

Here's a tip: play WITH your child. It increases the fun factor, and *your* brain will grow too!

Your child’s body is relaxed when she:

- Gives answers in a calm, self-assured voice
- Breathes normally
- Keeps her shoulders lowered and face relaxed.



Your child’s brain grows the best when you make playing fun, Fun, FUN!