The Brain Rules

- survival
  The human brain evolved, too.

- memory
  Repeat to remember.

- exercise
  Exercise boosts brain power.

- sensory integration
  Stimulate more of the senses.

- sleep
  Sleep well, think well.

- vision
  Vision trumps all other senses.

- stress
  Stressed brains don’t learn the same way.

- music
  Study or listen to boost cognition.

- wiring
  Every brain is wired differently.

- gender
  Male and female brains are different.

- attention
  We don’t pay attention to boring things.

- exploration
  We are powerful and natural explorers.