



## 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.