

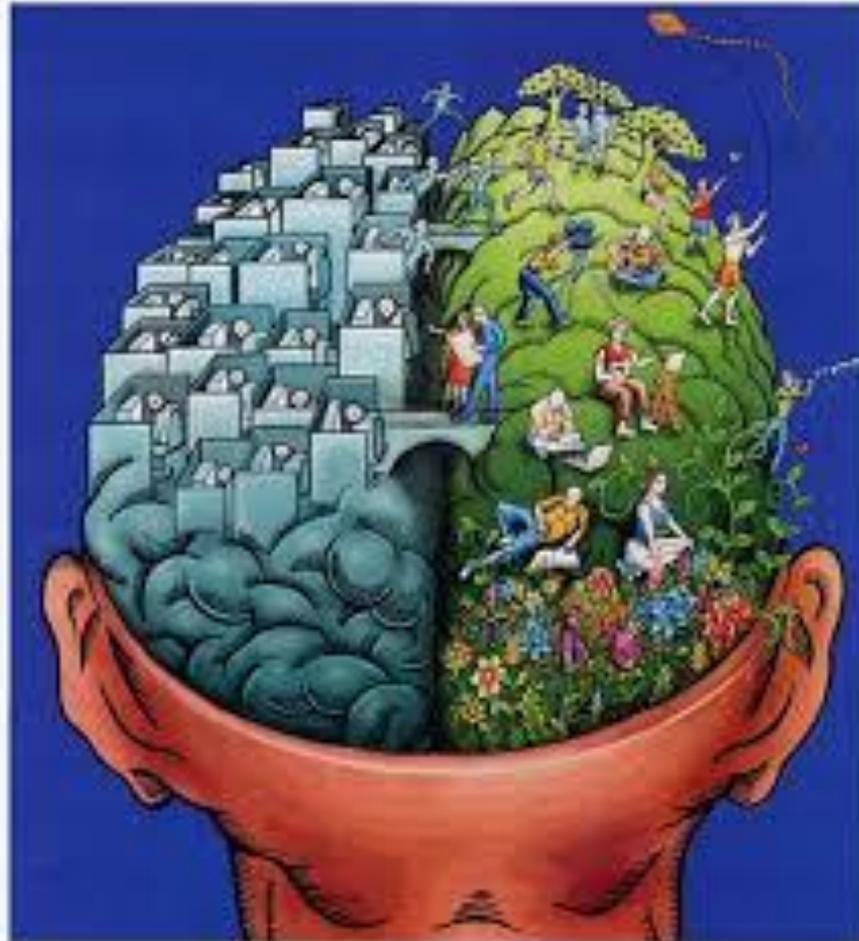


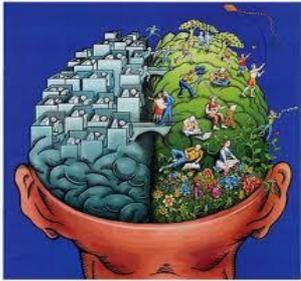
BRAIN POWER (BRAIN GYM)

Dr. S. RENUKADEVI
Professor of Education
NITTTR, Chennai 113



NLP is right Brain learning

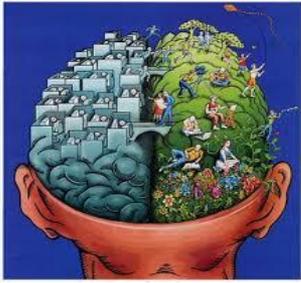




ACTIVITY 1

**Draw 9 with right hand index
finger and 6 with right leg
big toe at the same time.**

**You can alternatively draw 6
with hand and 9 with right
leg toe.**

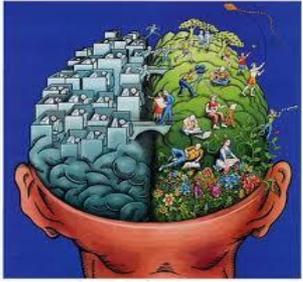


ACTIVITY 2

SHOW **L IN LEFT HAND AND
NUMBER **FIVE** IN RIGHT
HAND at the same time.**

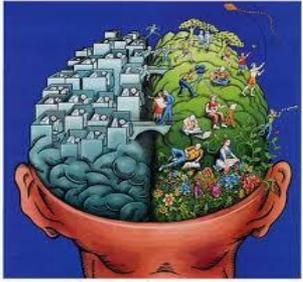
**ALTERNATE IN BOTH
HANDS**

(Shown in e-resource video)



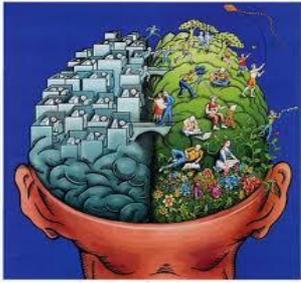
ACTIVITY 3

**Say Alphabets in reverse
order**



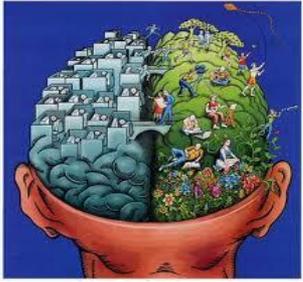
ACTIVITY 4

**Use your left hand to Brush
teeth
(If you are a right handed
person)**



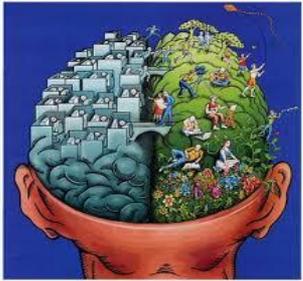
ACTIVITY 5

**Attempt to spell your
name backwards**



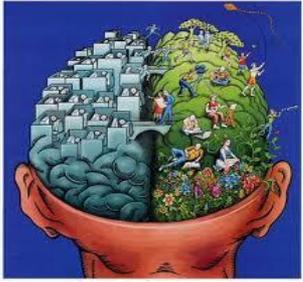
ACTIVITY 6

While wearing dress if you usually insert your left leg/hand (dominant hand), from now on insert your right leg/hand (non dominant)



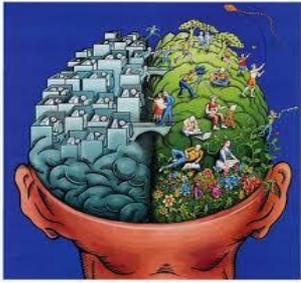
ACTIVITY 7

Use your non dominant hand at times to do regular chores (For example lifting a book, if you usually do it with right hand, change it to left hand from time to time)



ACTIVITY 8

**Listen to classical
melodious Instrument
music (Avoid Lyrics)
usually before sleep**



ACTIVITY 9

Solve Puzzles/Sudoku

THANK YOU

