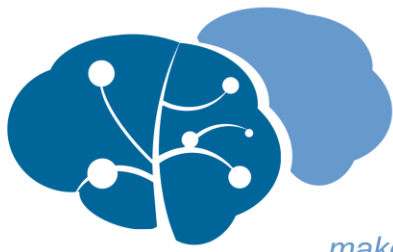


Brainology Downloads

Class activity: Brainology Bingo

Reinforcing the Concepts from Brainology





**mindset
works™**
makers of **BRAINOLGY®**

Play *Brainology® Bingo* *after* your class has begun the Brainology® Program to review concepts, or assess students' comprehension of the material

Bingo Directions:

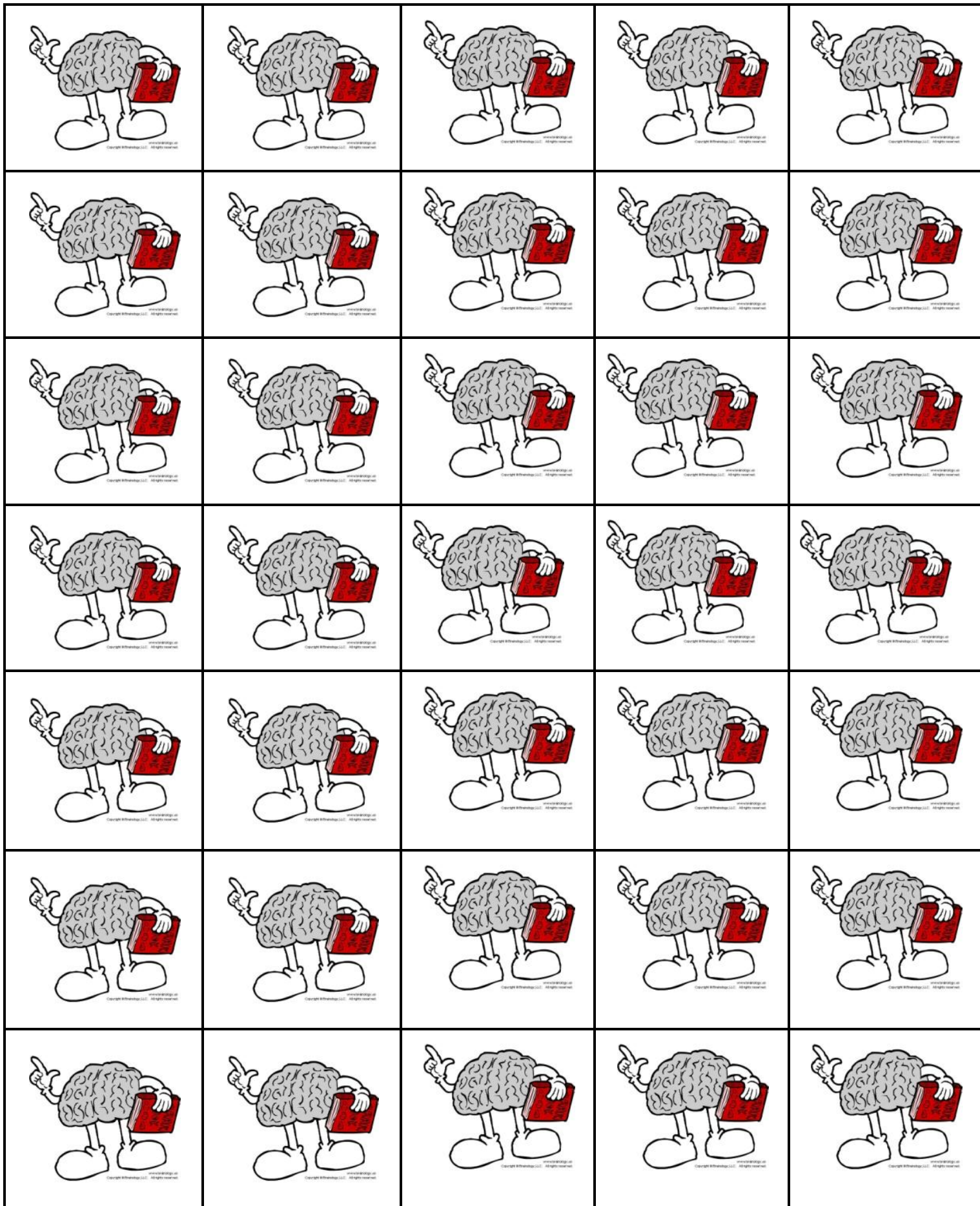
Use Brainology® Bingo after your class has finished the Brainology® Program.

Teachers photocopy one **Brainology Bingo card** for each student. Also provide each student with 15-25 **Brain markers** for placing on Bingo squares.

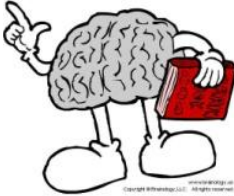
If the teacher is not able to use markers, s/he can suggest that students **use a symbol** to draw on the card to represent a possible Bingo point. If class plays more than one game, the student can think of and use a new symbol.

Provide students with the **Word Bank** so they can prepare their cards. There are 34 possible choices for 25 squares. There are also two blank spots and two blank cards for the teacher in case there is another concept your class has focused on and you would like to include in the game.

GO! Teacher reads cards to the class, one-at-a-time. Students place a marker on the squares that contain the key word/phrase from the bank. Play five in a row, four corners, or “Black out!”





BINGO Word Bank

Sensory memory

Working memory

Long-term memory

Growth Mindset

Fixed Mindset

Axon

Dendrites

Neurons

Pre-frontal lobe

Never give up

Active learning

Pain

B.R.A.I.N.

Network of neurons

Hippocampus

Positive self-talk

Chunking

Fight or Flight Syndrome

Effort & practice

Large dictionary

Eggs, fish, nuts

Repeat

Break it Down

Information Search

Plans for the future

3-7 bits

One human fist

Square-breathing

Five Senses

Summer Camp Rats

Cage Potato Rats

Exercise

Sleep

Synapse

Bingo Questions



What does the pre-frontal lobe do?



This is the space between the neurons where messages are sent to another neuron.



The cells in the brain are called _____.



This occurs when a person feels threatened (by a stressful situation). A person might sweat, shake, have trouble thinking, want to leave, have stomach pains, etc.)



These foods grow brain cells (neurons) and make the brain stronger.



This is how much information the working memory can hold at a time.



This is the part of the brain that plans for the future and understands consequences for choices.



The brain is about this size.



The B in the BRAIN acronym means this.



The R in the BRAIN acronym means this.



The I in the BRAIN acronym means this.



The A in the BRAIN acronym means this.



_____ is the type of memory that every experience goes through. It processes the 5 senses (sight, hearing, touch, taste and smell)



The N in the BRAIN acronym means this.



Before information can go into the long-term memory, it must first go here.



The brain weighs about this much.



The brain itself does not feel _____. You could cut it and not feel it!



These rats lived in an environment where they got to play, exercise, and interact with toys. They ended up with brains up to 10% heavier than other rats.



This acronym stands for: Break it Down, Repeat (practice), Active learning (do something!), Information search (learn!) and Never give up!!



This part of the brain is shaped like a seahorse and helps with long-term memory.



The brain is made up of this.



Breathe in slowly for the count of four. Hold your breath gently for the count of four. Breathe out slowly for the count of four. Hold your breath gently for the count of four. What is this?



This is a part of the neuron that sends messages to other neurons.



This is the part of the neuron that receives messages from other neurons.



The key to getting smarter and growing your intelligence is this.



A person with this knows that s/he can grow more intelligent with hard work and practice.



Engaging all of these when you are learning something new, helps new learning go from Working memory to long term memory.



A person with this doubts that s/he can grow more intelligent through effort.



_____ is the type of memory that keeps information over periods of weeks, months, and years.



These rats sat in bare cages and did not play, interact with other rats, or learn anything. Their brains weighed less than rats that had stimulation.



This is a learning strategy where a person figures out how new information fits with something s/he already knows and then puts it into categories.



Cross out negative thoughts and replace them with positive, growth minded messages. (This is calming strategy to use when emotions make it hard to learn.)



Your brain works better when you regularly get this.



Everyone needs 8-9 hours of this every day to help the brain with learning and memory.



BINGO Key

3-7 bits	This is how much information the working memory can hold at a time.
Active learning	The A in the BRAIN acronym means this.
Axon	This is a part of the neuron that sends messages to other neurons.
B.R.A.I.N.	This acronym stands for: Break it Down, Repeat (practice), Active...and Never give up!!
Break it down	The B in the BRAIN acronym means this.
Cage Potato Rats	These rats sat in bare cages and did not play...less than rats that had stimulation.
Chunking	This is a learning strategy where a person figures out how new ...into categories.
Dendrites	This is the part of the neuron that receives messages from other neurons.
Effort & practice	The key to getting smarter and growing your intelligence is this.
Eggs, fish, nuts	These foods grow brain cells (neurons) and make the brain stronger.
Exercise	Your brain works better when you regularly get this.
Fight or Flight Syndrome	This occurs when a person feels threatened (by a stressful.... have stomach pains, etc.)
Five Senses	Engaging all of these when you are learning...Working memory to long term memory.
Fixed Mindset	A person with this doubts that s/he can grow more intelligent through effort.
Growth Mindset	A person with this knows that s/he can grow more... hard work and practice.
Hippocampus	This part of the brain is shaped like a seahorse and helps with long-term memory.
Information Search	The I in the BRAIN acronym means this.
Large dictionary	The brain weighs about this much.
Long-term memory	The type of memory that keeps information over periods of weeks, months, and years.
Network of neurons	The brain is made up of this.
Neurons	The cells in the brain are called _____.
Never give up	The N in the BRAIN acronym means this.
One human fist	The brain is about this size.
Pain	The brain itself does not feel _____. You could cut it and not feel it!
Plans for the future	What does the pre-frontal lobe do?
Positive self-talk	Cross out negative thoughts and replace them with positive...make it hard to learn.)
Pre-frontal lobe	This is the part of the brain that plans for the future and...consequences for choices.
Repeat	The R in the BRAIN acronym means this.
Sensory memory	The type of memory that every experience goes through. It processes ... taste and smell)
Sleep	Everyone needs 8-9 hours of this every day to help the brain with learning and memory.
Square-breathing	Breathe in slowly for the count of four.... What is this?
Summer Camp Rats	These rats lived in an environment where they got to play... 10% heavier than other rats.
Synapse	This is the space between the neurons where messages are sent to another neuron.
Working memory	Before information can go into the long-term memory, it must first go here.