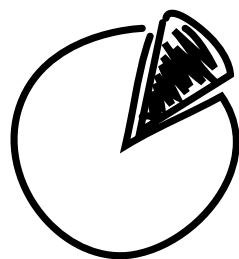




# brain GAME CHALLENGE



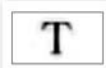
in association  
with



Omega3  
a natural source  
Fish Fingers

# teachers' notes

[www.braingamechallenge.co.uk](http://www.braingamechallenge.co.uk)



# what is it ?

'Brain Game Challenge' is an educational programme designed to exercise pupils' brains. It is a cross-curricular activity pack which links with many areas of the KS2 primary curriculum including literacy, maths, science and ICT. The resources are designed to be used both in school and at home. Do not panic – **THIS IS NOT EXTRA WORK!** Each of the workouts are designed to be fun and easy to use and can be completed in an average time of 10 minutes.

# who designed it ?

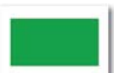
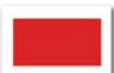
The games have been developed by **Dr Gareth Moore** (PhD qualified scientist and engineer), author of many international puzzle books and brain training books for children, in conjunction with the National Schools Partnership and Birds Eye Omega 3 Fish Fingers.

# what are the benefits for children ?

Brain training activities are designed to stimulate thinking skills and problem solving; both **key areas of the primary curriculum**. Research has shown that brain training activities may improve visual reasoning, verbal and nonverbal reasoning skills, memory, problem solving, attention, concentration, response time and even creativity.

Researchers stress that to get the full benefits of brain training programs, consistency is key. Regular, daily practice for several minutes is important to produce lasting, long-term benefits.

The games and puzzles in the 'Brain Game Challenge' have been designed to be played more than once. This allows pupils improvement to be tracked.



# when will i find time to use the resources in school ?

The primary school day is already jam packed with all the different subjects you are now expected to teach. Do not panic – THIS IS NOT EXTRA WORK! Everything is already done for you (see teachers' CD-ROM). You only need **10 minutes** to try one of workouts. Short bursts of focused activity are more beneficial for the children than hour long sessions.

- Try a game at the start of the school day to warm up the children's brains when they come into the classroom.
- Stop at the end of a lesson and give the children a quick puzzle to try, keeping them alert before the next lesson.
- Great as an extension task when children have finished their lesson work – stretch those brains!
- Use during wet plays.
- Have a class competition at the end of each day.

The pupil puzzle booklet can also be used by children at home.

## what resources are included ?

**Assembly PowerPoint** – This is to be used to introduce the 'Brain Game Challenge' to your school. It can be used as part of a whole school or KS2 assembly. It gives information about all the resources provided and how it will benefit the children. You may wish to select a subject co-ordinator (literacy, maths or ICT) or Phase Leader to oversee the use of 'Brain Game Challenge' in your school. You could even have a special 'launch day', where all the children are told about the challenge and all it has to offer.



# what resources ? continued

**Teachers' edition CD-ROM** – This CD-ROM can be used on the interactive whiteboard in your classroom or ICT suite. Using the CD-ROM is a good way for you to introduce the 'Brain Game Challenge' to your class. Included in the CD-ROM is a link to the website which you can introduce to your class using an individual login. Encourage your pupils to log in at home to take on the daily workouts and unlock bonus games, sharing their progress in class.

We have also included a few sample workouts to demonstrate the calibre of games and also a sample bonus game that you will receive once you unlock a daily workout. Explain to children about the value of 'training their brains' and what they can gain from taking part in the challenge.

**8 page pupil puzzle booklet** – Each pupil who takes part in the challenge will be provided with their own puzzle booklet. This contains a range of puzzles of a similar nature to those on the website. This allows the children to practise either at school or at home at their own pace.

**Pupil stickers** – You will be provided with a selection of stickers to reward children's completion and improvement. Use these to help develop children's enthusiasm and excitement for the challenge and to promote it throughout your school.

**Website for the whole family** – The brain game website includes further games and puzzles for the children to try at home. It is a great resource for parents and their children to use together with the aim of trying to beat their previous scores. Children can track their progress on the site and see their scores improve. Great for boosting self-esteem and confidence! The site also provides handy tips to help children complete the puzzles, tips on how to take care of their brains and even recipes for healthy eating - helping children and parents keep their minds and bodies healthy at the same time! [www.braingamechallenge.co.uk](http://www.braingamechallenge.co.uk)

so good luck and have some fun ...

