

Hey Kids Discover How You Use Your Brain?

by MaryJo Wagner, Ph.D.

Take the Quiz to find out if you use mostly your left-brain or mostly your right-brain. That's called "brain dominance." What "brain dominance" do you have? And then I'll tell you how to use both sides of your brain so you can be really smart.

First, number from 1 to 10 on a separate piece of paper. Answer each question yes or no. Whatever answer you put down is right. There's no wrong in this test.

1. I like math class better than the class where we have to think up stories or poems and then write them down.
2. I think it's fun to build model cars or make things with Legos.
3. Whenever I get to cook something with Mom or Dad, I don't care what the recipe says. I just like throwing stuff in and stirring it.
4. I love art class and my teacher says that I'm pretty artistic.
5. I think it's fun to take things apart so I can see how they work.
6. I love looking at the pictures in books and sometimes I even know what a story is all about just by looking at the pictures.
7. When I get activity books, I mostly like coloring pictures or drawing things. Word and number puzzles are boring.
8. When I grow up, I think it would be more fun to invent computer software programs to than draw the characters for computer video games.
9. When I grow up, I think it would be more fun to be a movie star than to be a famous scientist.
10. I often ask my teachers and parents how things work and what's inside something.

My Answers

Now count up all the yes's. Numbers 1, 2, 5, 8 and 10 use your left brain. Numbers 3, 4, 6, 7, and 9 use your right brain.

Count your "yes" answers for number 1, 2, 5, 8, and 10. Check these with a green marker. These are left brain answers. Then count your "yes" answers for numbers 3, 4, 6, 7, and 9. These are right brain answers. Check these with a red marker.

If you have 3-5 green "yes's" and mostly "no's" for red questions, you use your left brain the most.

If you have 3-5 red "yes's" and mostly "no's" for green questions, you use your right brain the most.

If you have nearly an equal number of "yes's" for green questions and red questions, they you use both sides of your brain equally.

Did you know that the smartest people use both sides of their brains equally?

It's pretty easy to get both sides of your brain working together. Every time you move your arms and legs across the center of your body, you're helping your brain use both sides.

Swing your right arm over to your left side and then your left arm over to your right side. That movement helps your brain.

How many things can you think of to do with your arms and your legs that cross the center of your body.

Here's a fun one. See if you can raise your right thumb and your left big toe at the same time. Now see if you can raise your left thumb and your right big toe at the same time. Even that helps your brain.

Be sure and do lots of movements everyday that cross the center of your body. Your brain will say "thank you."

What does this mean?

Left-brain Kids: They like math. They like taking things apart to figure out how they work. They like word and number puzzles.

When they bake cookies, they always read the recipe to make sure they've got it just right.

Kids who use mostly their left brain might grow up to become scientists or computer programmers.

Right-brain Kids: They like drawing pictures with lots of different colored markers. They think language arts and social studies are more fun than math. They like writing stories.

When they're cooking, they'd rather just throw a bunch of stuff in the bowl and stir it around then read the recipe.

Kids who use mostly their right brain might grow up to be artists or writers.

Both sides of the brain kids: They're the smartest. They know that to be good in anything really requires both sides. Even reading.

Question: Guess what profession has the most number of people in it who always use both sides of their brain?

Answer: It's musicians. Reading music is like doing a math problem. That's for the left side. But music is also very artistic. That's for the right side. Smart kids take music lessons or do music at school.

You're always welcome to reprint this article, distribute it to parents, pass it around to teachers. Put it in a school or PTA newsletter or e-zine. On a parent, teacher, or learning Web site? A community publication? Always print the whole article with my name under the title and the following information at the bottom:

MaryJo Wagner, Ph.D.
The Learning Doctor
"Helping you Help Your Kids"
mjw@mjwagner.com

Subscribe today to the free "Brain Boosters for Your Kids" newsletter at
<http://www.brainboostersforyourkids.com/newslettersubscribe.htm>