



ENRICHMENT SUPPLEMENTAL ACTIVITIES

Feel Your Brain At Work - Arrows

Directions

Follow the directions below as a fun way to improve your child's attention skills, enhance working memory, build visual processing skills, and improve line-to-line tracking. Each level increases the difficulty by adding a second mental challenge. Don't worry...your brain can adapt and grow! Take it slow at first then try to speed it up.

Directions

Level 1: From the top row, moving left to right, call out the color of each of the arrows without a mistake. For example, the arrows on this page would say: "green, blue, red, yellow, blue, yellow, green."

Level 2: Call out the direction of each arrow. Try to make it faster. For example, the arrows on this page would say: "left, up, right, up, left, right, up."

Level 3: Call out the direction of the arrows as if they were turned a quarter-turn clockwise. For example, the arrows on this page would say: "up, right, down, right, up, down, right." Also, try it counter-clockwise.

Level 4: Call out the color of the UP and DOWN arrows, and call out the direction of the LEFT and RIGHT arrows (this requires divided attention). For example, the arrows on this page would say: "left, blue, right, yellow, left, right, green." Once mastered, increase the difficulty by saying red for yellow and blue for green. The arrows on this page would say, "left, blue, right, red, left, right, blue." Try substituting different colors. Have fun with it!! Don't be hard on yourself. This is tough.

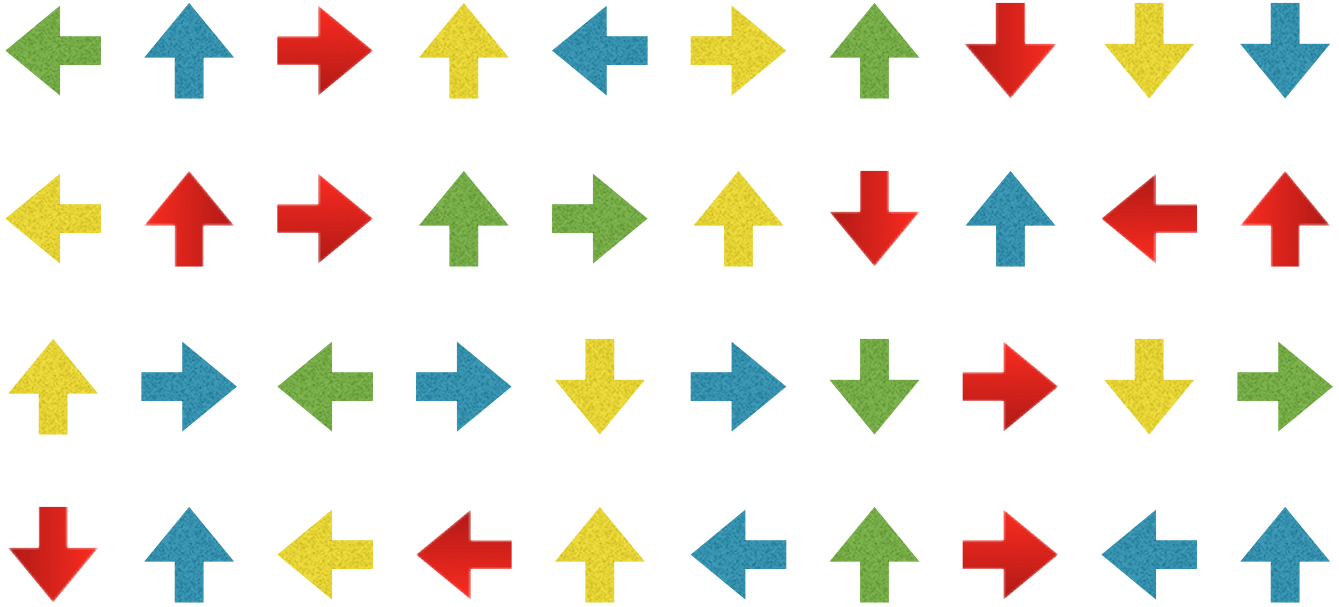
Level 5: Call out the direction of the arrow as if red and green arrows were turned a 1/4-turn clockwise and yellow and blue were turned 1/4-turn counterclockwise. For example, the arrows on this page would say: "up, left, down, left, down, up, right." You will find yourself not only doing the familiar ones easier but mastering each new variation faster as well. This is because your brain is growing new connections to handle the challenges!



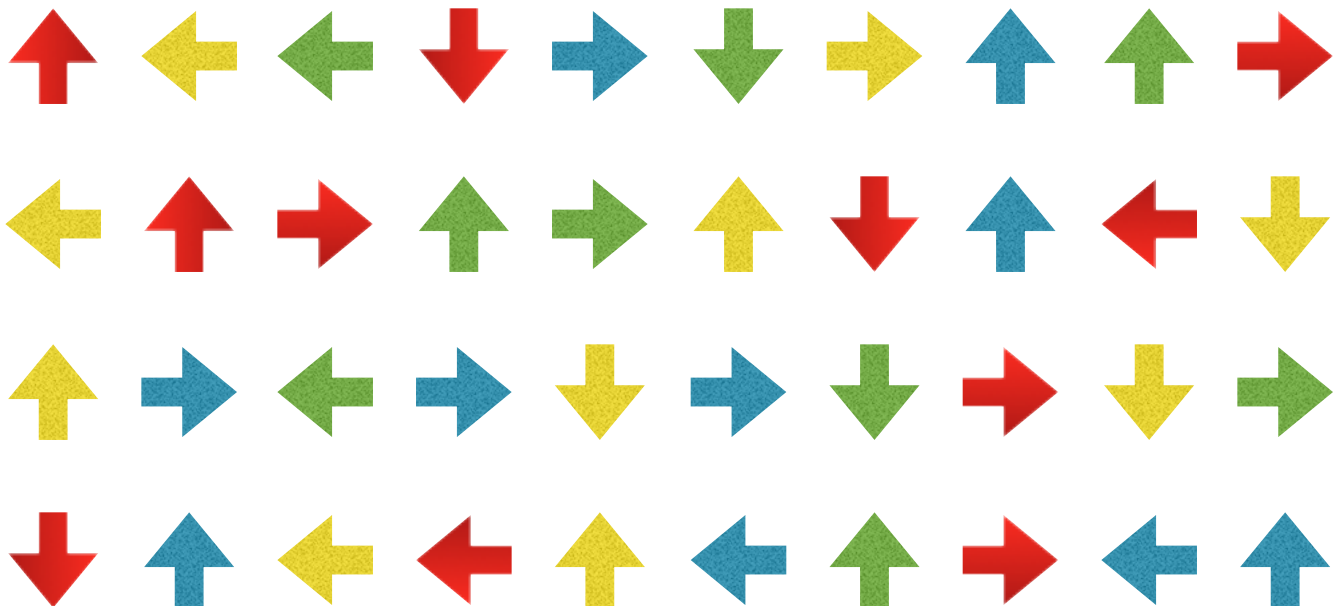
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Set 1



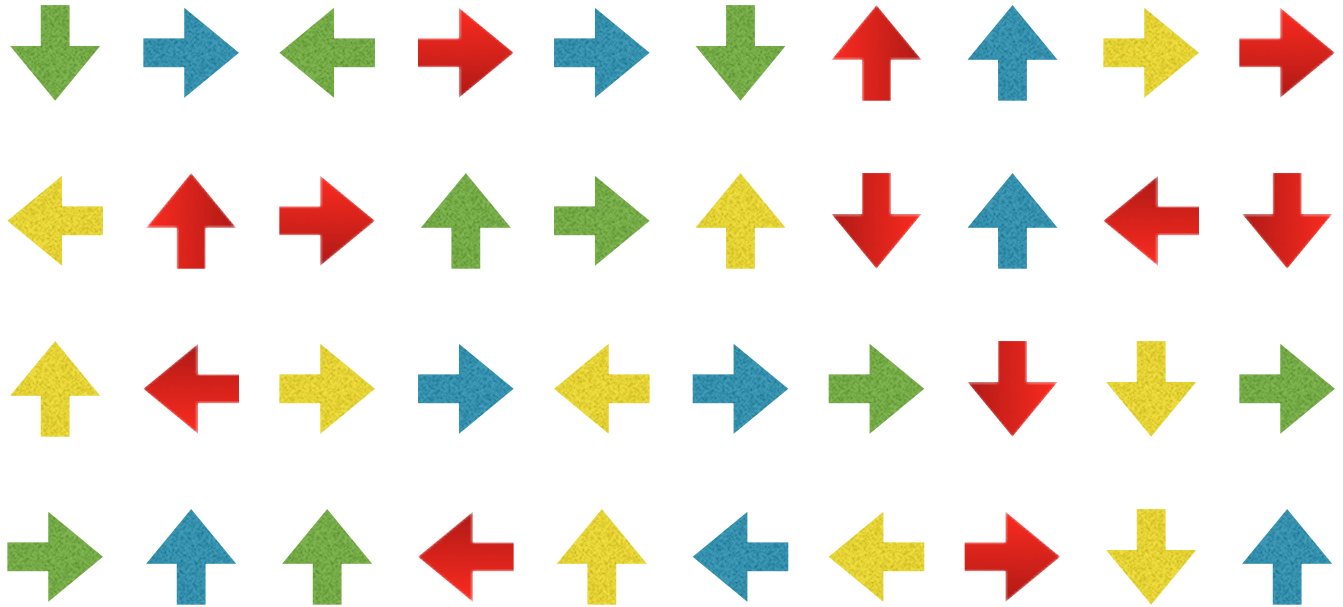
Set 2



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Set 3



Set 4

