

SKILL BUILDING NO. 27

Train Your Brain



2 minutes

Want to build your endurance and focus? Try these activities to give your brain a workout!

1. Play a counting game where you skip numbers as you count down from 100 or count words on a page.
2. Spend time visualizing an object and then describing it in detail.
3. Complete crossword puzzles or sudoku.
4. Create a to-do list of tasks or goals you want to accomplish.
5. Learn new concepts or theories that force you to think hard.