

THINK!
What can kids do to boost their brainpower? Will you try any of these strategies?

ALL IN YOUR MIND

Experts say you have the ability to boost your brainpower.

Last year, when she was in the fifth grade, Kayla Thompson **dreaded** math class. "I knew there was only one correct answer," Kayla told TFK. "And when I didn't get it, I felt **discouraged**."

This year, Kayla, 11, has a different point of view. Since September, she and her classmates at Lenox Academy, in Brooklyn, New York, have been taking a course called Brainology. The program teaches that the brain works like a muscle: The more you use it, the stronger it gets.

Now, when Kayla

comes up against a challenge in math, she doesn't shut down. And she doesn't feel so bad about making mistakes, either. After all, she says, "mistakes help us learn."

Work Your Brain!

Psychologist Carol Dweck, at Stanford University, in California, spent years studying students' attitudes toward learning. She found that when kids know it's possible to increase their intelligence, they do better in school. "We teach kids that every time they work on something hard and stick to it, their brain forms stronger connections. These connections

can make them smarter," she says.

So how can you give your brain a good workout? When you have a choice between an easy task and a challenging one, says Dweck, you should always take the challenge. "Struggle is good," she says. "Working hard at something really grows your brain."

Dweck also recommends **embracing** mistakes. "When you make a mistake, don't run away from it," she says. "Instead, think about it. Ask your teacher about it."

And that subject you say you're not good at? According to Dweck, you should change how you think about it and give yourself room to grow. Tell yourself: "I'm

not good at it *yet*."

One place to go for help is khanacademy.org. Millions of people use the site's videos and exercises to **master** skills. "You can learn at your own pace, keep pushing yourself, and go as far as you want to go," says founder Salman Khan.

Dan Hurley, author of *Smarter: The New Science of Building Brain Power*, says certain activities have been found to sharpen the mind. Studies show that being physically active, learning to play a musical instrument, and playing chess can all give your brain a boost.

But no matter what you are doing, Hurley stresses, the important thing is to step outside your comfort zone. "The more you challenge your mind," he says, "the more your mind responds."

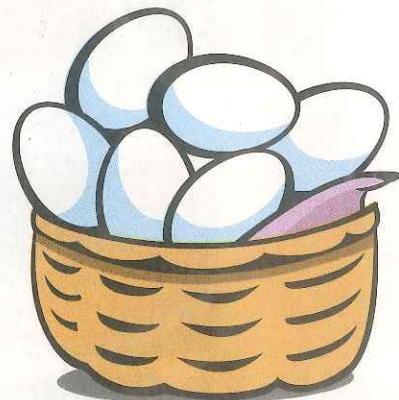
—By Suzanne Zimble

BRAIN GAMES

Challenge your mind! Try these brainteasers.

EGGS IN A BASKET

You have six eggs in a basket. How do you give them to six people so that one egg remains in the basket?



RED
GREEN
ORANGE
BLUE
PURPLE
BLACK

RED
GREEN
ORANGE
BLUE
PURPLE
BLACK

COLOR WARS

Read aloud the colors that the words are written in. Which takes longer to say, the list on the left or the one on the right?

Power Words

discouraged (dis-kur-ejd): to be less hopeful or confident

dread: to fear; to not want to face something

embrace: to accept something readily

master: to learn something completely

