

Six tips to make your brain smarter



1 EXERCISE YOUR BRAIN

Your brain is like a muscle; it grows stronger and denser when you exercise it. Exercising means learning new information and practising your skills. Also keeping your body fit by doing physical exercise will help neurons in your brain fire and wire better.

2 MAKE AN ACTIVE EFFORT

You learn the most when you are making an active effort: exploring new information, using and practicing it. Your brain does not grow stronger from doing the same tasks that you are already good at. Your neurons fire and wire more when you take on challenging things.

3 PRACTICE

Use repetition to give your neurons a workout! By repeating information or a skill, you will strengthen the connections in that area of your brain. Read, write, say and do anything important 5-10 times instead of once.

4 GET ENOUGH SLEEP

Your brain needs to spend one third of the time sleeping to recharge (8-9 hours). When you don't get enough sleep, you can have trouble remembering and learning things.

5 BECOME A TEACHER

Try to explain or teach something that you know, to someone else. This way the connections in your brain strengthen even more.

6 DON'T GIVE UP

When something is hard, try harder! That is when you need to put in more effort to wire the new connections in your brain. If you get stuck, try again, try a different way. Ask for help but don't give up!