



Writing

It is high time to create your first map!

**Here are some questions, which give you the hints on how to do it.**

1. What are you going to call the main branches of your map? Work, family, friends? Maybe the criterion will be the role you serve (husband, wife, partner, parent, teacher, daughter, son, employee, etc.)?
2. Which tasks are the most urgent? Which color are you going to use for them?
3. Which tasks are the most important? How are you going to mark them?
4. Are there any tasks which are so complex that they need prior preparation? What kind of preparation? With whom? How and where are you going to put them and how are you going to mark other people on your map?
5. Are you planning any pleasant activities for the upcoming month? You also need to find time for them, include them in your note.
6. Are there any celebrations coming up, any special events? If you need to buy a present, go to the hairdresser's or bake a cake for such an event, then make each of them a separate task.
7. Are some tasks dependent on others? How are you going to mark the relationship between them?

You can stick the mind map to your fridge. You will certainly add more than one task to it – this is its advantage, because you can add something in almost any place on the map.

If you see that you made a mistake during planning your map, do not worry, just start again from the beginning. It is said that you need to draw 100 maps to be able to do it really well, and quickly.



Video/ Slide show

See how the dancer moves to one side and then to the other.

### **How to use both hemispheres “equally”**

Humans use both cerebral hemispheres during the day, but one of them is always more active – it “leads” the other. This is why we mostly have access to what the more active hemisphere has at its disposal, while neglecting the possibilities offered by the other hemisphere.

If one was to learn how to use both hemispheres “equally”, i.e. to synchronize them, then you could learn how to make better use of their potential and achieve better results in learning.

The synchronization of cerebral hemispheres means faster information processing and facilitates its synthesis.

Good news: you CAN work on the synchronization of cerebral hemispheres! Better still, you can do it by performing simple activities. Generally, the objective is for the two hemispheres to work at the same frequency and to activate areas which have not been used for these activities before.



Movement game

## Learn how to juggle!

It is just like riding a bike, once you learn, you will do it automatically. If one were to break down juggling into its basic components, it would be a very complicated activity for the brain.

You need a minimum of three balls, such as tennis balls. If you do not have tennis balls you can use fruit, such as tangerines. You can find numerous tutorials on the Internet – this one teaches you how to do it from the very beginning.