

## MY EXPERIMENT INSIGHTS

### 01 EXPLORE

*What was your goal?*

*Which brain/research area were you interested in?*

### 02 PLAY

*Which rhythm activity did you choose?*

*What did you try?*

*How long was your experiment?*

### 03 REFLECT

*Did you achieve your goal?*

*What changed for you? Did it help? Did you feel different?*

*What will you do next?*

[Share your insights and help others](#)