

5 FUN LEARNING HACKS



THAT YOU CAN DO
ANYWHERE

1. JUGGLING

2. BEAR CRAWL

3. SPLASH WRITING

4. 20/20/20

5. HUGS

1

JUGGLE. Juggling, or learning any complex motor skill produces myelin; a.k.a. the white matter that conducts electrical signals between nerve cells and connect different parts of the brain together. Folding juggling practice into your studies throughout the day gives your neurons a boost and actually helps you learn better!



2

BEAR CRAWL: The Bear Crawl is a cross-lateral movement. Movements like this make communication between the two brain hemispheres faster and more integrated for high-level reasoning. This is due to, you guessed it! More white matter called the corpus collosum, which bridges the two sides of the brain!



3

SPLASH WRITING: Splash writing is great not just for getting your thoughts out on paper to get in flow, but the motor skill of writing stimulates the Broca's area of your brain, which is partly responsible for your auditory and speech; making splash writing a super good exercise to do before you give an oral presentation or film some content!



4

20/20/20: Studies have shown that if you give your eyes a break from your screens *every* 20 mins, and stare at something 20 ft away for 20 seconds, your eyes don't get as strained over all this screen time we find ourselves in these days.



5

HUGS: 20-second hugs stimulate the feel-good neurotransmitter oxytocin. Through the release of this chemical, the brain knows that everything is safe and that there is no need to worry. Therefore, the stress edge gets taken down a notch or two, and you can go on with your learning!