

### ***Exercise My Brain (Elementary)***

Your brain is capable of amazing things. It is growing and changing every day. You can grow your brain by exercising it and making it stronger. You ***exercise your brain*** when you practice something, make mistakes, and think about those mistakes to help you improve the next time you practice. When you practice and consider how to get better, you're growing pathways in your brain, and it's getting stronger. You're ***exercising your brain!***

Your brain is like a muscle, and when you put in a lot of effort to practice or learn something new, you can actually strengthen the connections between neurons in your brain. What do you do to strengthen your arm muscles? You might lift heavy objects over and over again or do a lot of push-ups until the muscles in your arms get stronger. The same is true of your brain—when you put in lots of effort and practice, you're growing the neuropathways in your brain, like growing muscle.

The next time you're struggling to read, write something, or do a math problem, and you begin to feel frustrated, stop and remember that you're ***exercising your brain!***