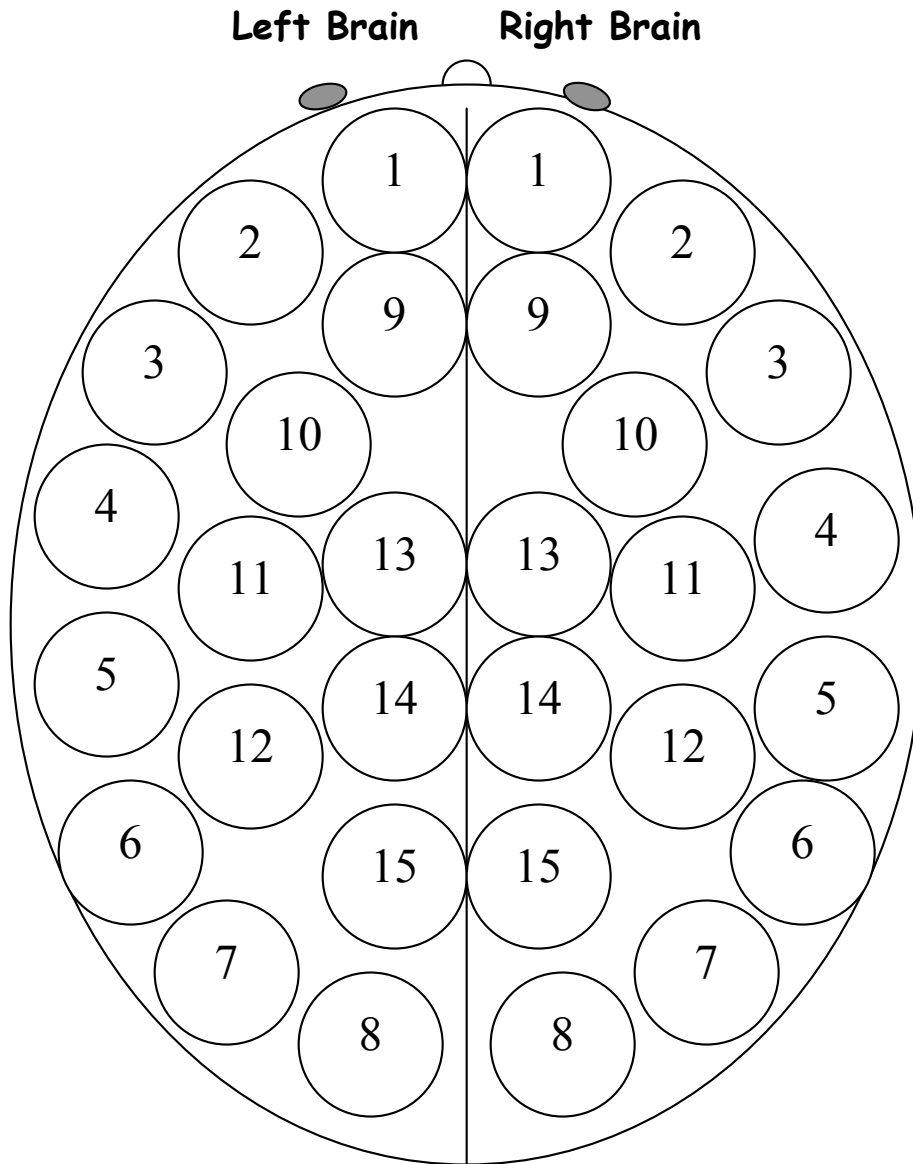


# "Color Your Brain"



Are you generally more of a “facts” person or a “feeling” person? Do you like “structure” more than “free-form”? Are you more “logical” or more “intuitive”? Decide which of the same-numbered pairs below best describes your thinking preference and color that number on either the left side or the right side of the “Color Your Brain” graphic. If you feel your preferences are pretty balanced (eg. you believe you are both “logical” and “intuitive” equally), color both like-numbered circles on the graphic (eg. color the number 3 on both sides of the brain). Then flip this page over to read what your choices reveal.

## Left Brain

## Right Brain

- |                             |                            |
|-----------------------------|----------------------------|
| 1. facts                    | 1. feelings                |
| 2. structure                | 2. free-form               |
| 3. logical                  | 3. intuitive               |
| 4. product-oriented         | 4. process-oriented        |
| 5. parts to whole           | 5. whole to parts          |
| 6. order, stability         | 6. change, variety         |
| 7. information, names       | 7. faces, dress, actions   |
| 8. sequential               | 8. random                  |
| 9. objective                | 9. subjective              |
| 10. specific                | 10. ambiguous              |
| 11. intellectual            | 11. imaginative            |
| 12. rational                | 12. emotional              |
| 13. verbal (words, numbers) | 13. visual (space, form)   |
| 14. literal language        | 14. metaphorical language  |
| 15. rules, formulas         | 15. patterns, resemblances |

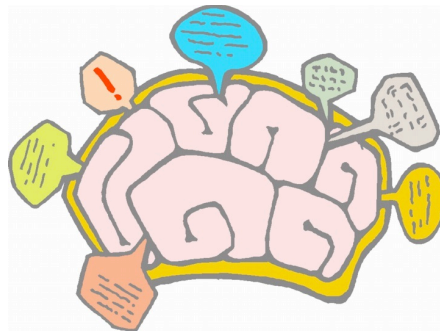
## What “Color Your Brain” Reveals

The “thinking brain” (also called “cerebrum” or “neo-cortex”) is divided into two sides or “hemispheres.” Both work together all the time while each specializes somewhat in certain thinking processes. Throw in the task at hand, what you choose to focus on, how you choose to tackle it or to think about it, and any other number of other variables, and you have a general feel for the interplay between the right and left hemispheres.

With that stated, over time you have probably developed certain preferences or degrees of comfort using some thinking processes a little more than others. For example, if you prefer a more left-brain approach to a large task, you might begin by prioritizing the task steps. If you are more inclined to a right-brain approach, you might let your intuition guide you as to how to approach the task.

You can get a very general, visual idea of some of your preferences by looking at the “Color Your Brain” graphic on the reverse page, and noting the following:

- If one side of the graphic has a majority of circles colored in, while the majority of the other side is blank, you have a definite preference for one hemisphere’s thinking processes over the other.
- If both sides of the graphic are evenly colored, you probably draw on the strengths of each hemisphere’s thinking processes equally.
- If you were frustrated by the “Color Your Brain” activity, and kept thinking, “Well, it really depends on what I’m doing at the time ...” you are probably able to consciously choose which thinking processes work best with which tasks.
- If it’s all a muddle, not to worry! Your thinking brain works just fine without you ever having to think about it!



### “Color Your Brain” and Effective Instruction

Your thinking preferences will often determine what instructional activities you choose to use. Teaching is most effective for learners when you use a variety of both right and left brain instructional strategies. Some activities use the thinking processes of both hemispheres equally. You can consciously create a balance as well:

#### Left Brain

Lecture using statistics, case studies, research.

Small group discussions about reliability of facts.

Group game with logical, “correct” answers.

Written note-taking worksheets.

Learner-created information in sentence/paragraph forms.

#### Right Brain

Lecture using stories, metaphors, analogies.

Small group discussions about possible uses for facts.

Group game with multiple “correct” answers.

Pictorial note-taking worksheets.

Learner-created information in poetry, story, song, art forms.