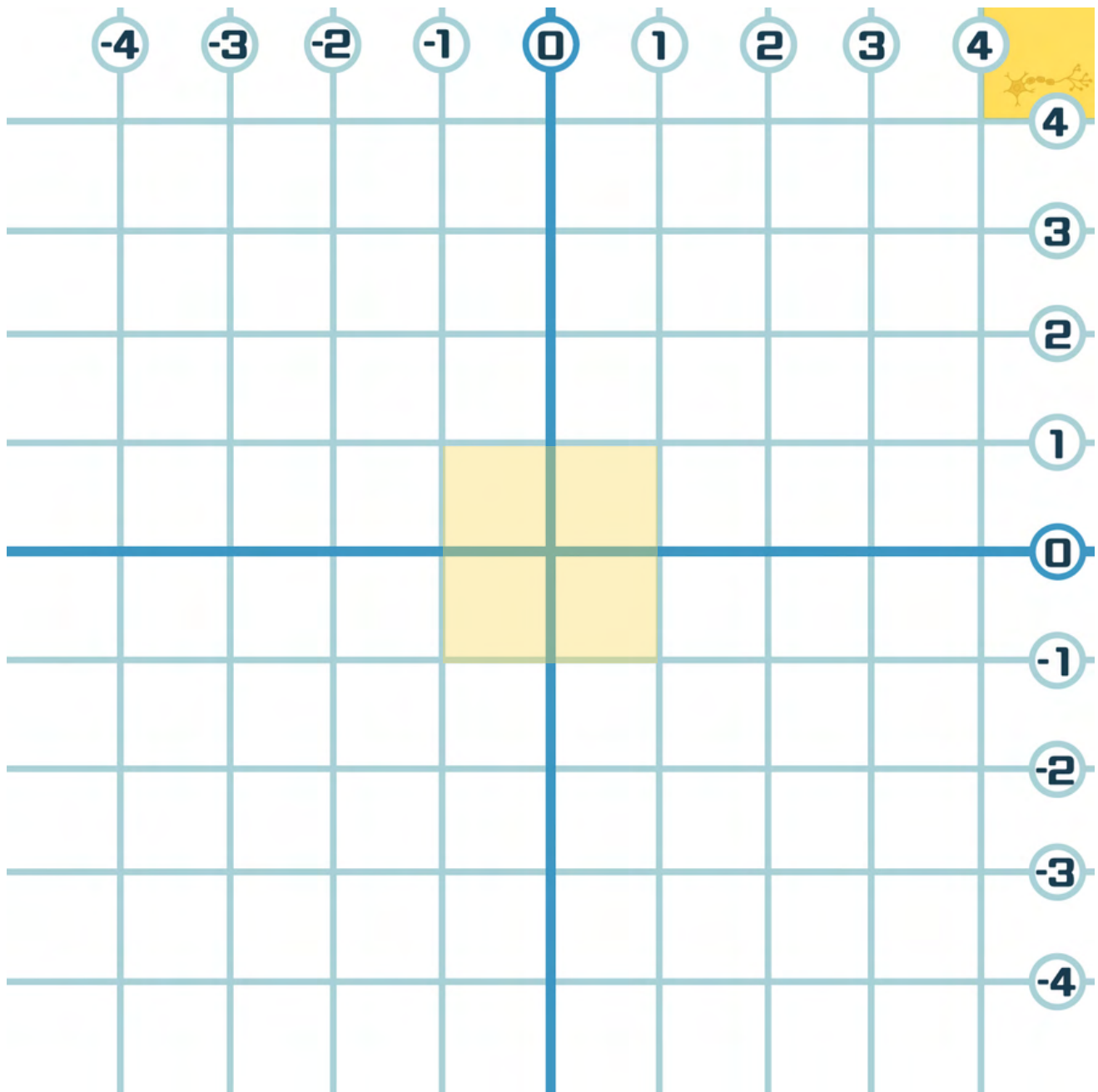




ESCAPE ROOM PUZZLES

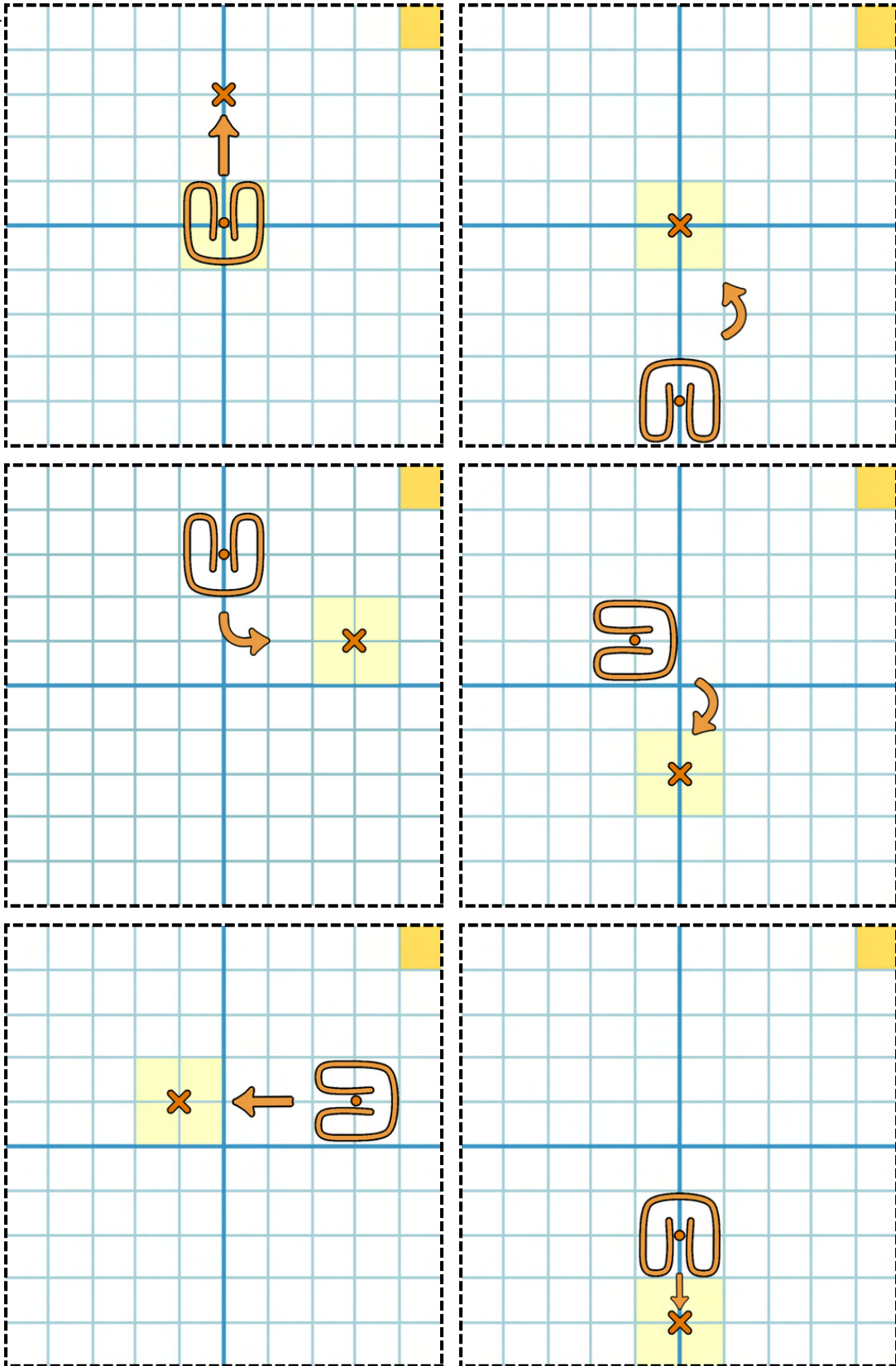
HACK YOUR
BRAIN

First, you will need to figure out the order of the steps to a dance using the attached cards. Then, you need to move through that pattern on the grid below. You must start and end in the yellow square in the center. A secret code will be revealed. Enter it into the form at <https://bit.ly/HYBpuzzle1>



For older learners.

Print and cut out all six cards.



For younger learners.

Print and cut out all six cards.



<p>(0,3)</p>	<p>(0,0)</p>
<p>(3,1)</p>	<p>(0,-2)</p>
<p>(-1,1)</p>	<p>(0,-4)</p>

For older learners.

Print and cut out all eight cards. Match stressors with coping skills.



A
You start at a new school and feel overwhelmed by all the CHANGES. Your friends move to a new town.

5
Conversation about the school day interests you. You know your NEW friends. You write a newspaper article for the school.

B
You take part in an after-school activity but feel like you have to learn new skills. You ask others for help.

3
Breathe. Make a plan. Then get friends to help you SEARCH for the item you want.

C
You must give a presentation TOMORROW to a group and you feel nervous about it.

6
Know you've set better things. Practice regularly. Build your ABILITIES.

D
You join a new group and meet many new people. You give a presentation on ways to adapt to CHANGES.

8
Ask a friend to help you with the presentation. Support and advice on ways to adapt to CHANGES.

E
Your caregivers gave you something valuable to hold onto but you can't find it now. You write a newspaper article.

7
Get a good night's sleep so that you feel energized and focused TOMORROW.

For younger learners.

Print and cut out all eight cards. Match stressors with coping skills.



A You start a new school and feel overwhelmed by all the CHANGE. This winter break...

5 You know your friends are going to get interested in NEW hobbies. You started sharing the conversation about shared interests to get to know your NEW friends. You started to get to know your friends. You started to get to know your friends.

B You take part in an after-school activity but feel like you aren't as SKILLED as others. You take part in an after-school activity but feel like you aren't as SKILLED as others.

3 Then, get friends to help you SEARCH for the item. hcmwip in av bntnd rneir jv sbaurh etitzx thm

C You must give a presentation TOMORROW to a group, and you feel nervous about it. You must give a presentation TOMORROW to a group, and you feel nervous about it.

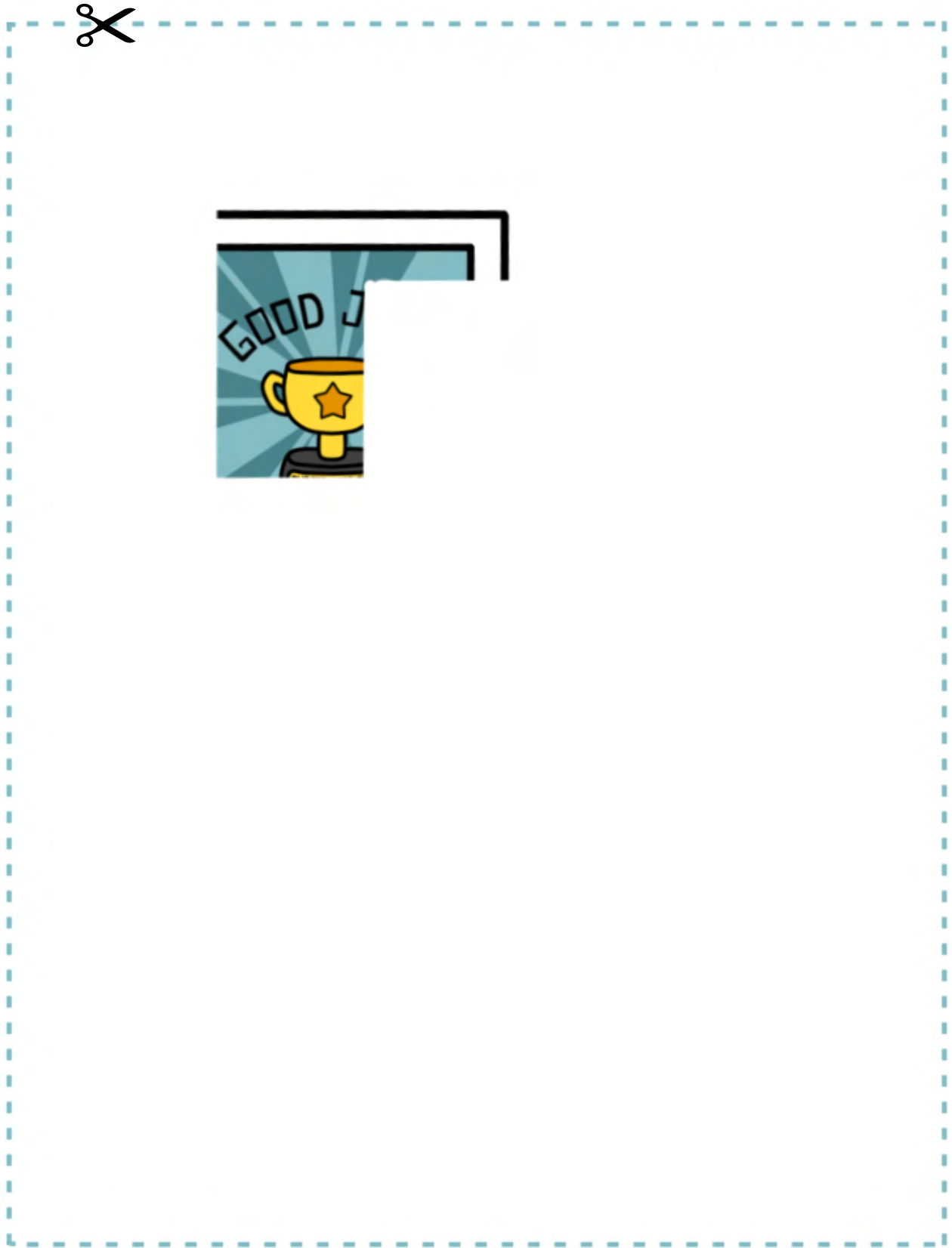
6 Practice regularly to build your ABILITIES. Know you'll get better with time. Practice regularly to build your ABILITIES.

D You join a new group and meet many NEW people. xrv e wcaem av bntnd rneir jv sbaurh etitzx thm

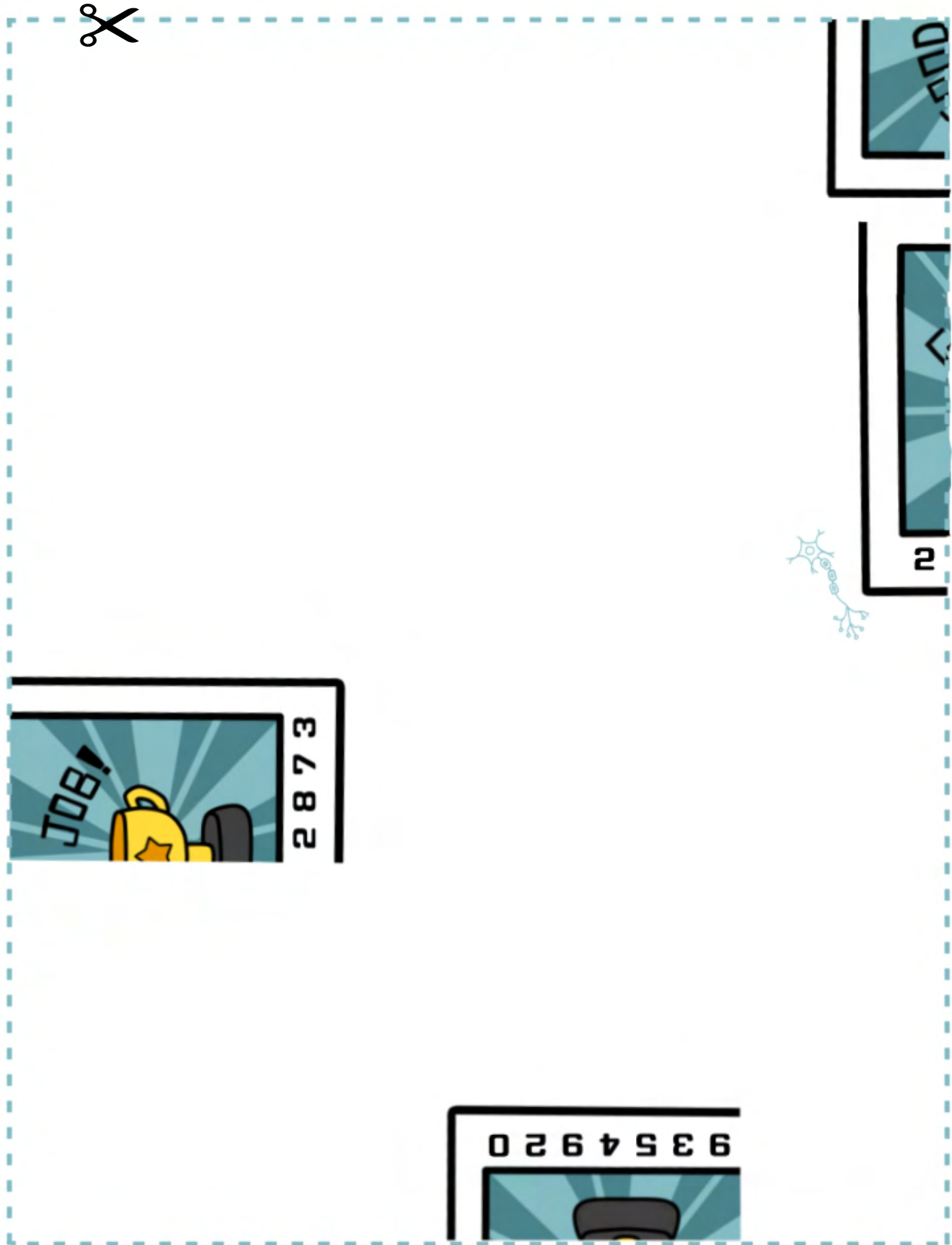
8 Ask trusted adults for close friends for support and advice on ways to adapt to CHANGE. Ask trusted adults for close friends for support and advice on ways to adapt to CHANGE.

E Your caregivers give you something valuable to hold onto, but you can't FIND it now. Your caregivers give you something valuable to hold onto, but you can't FIND it now.

7 Get a good night's sleep so that you feel energized and focused TOMORROW. Get a good night's sleep so that you feel energized and focused TOMORROW.



Print double-sided with a long side flip. Cut along the dotted line.



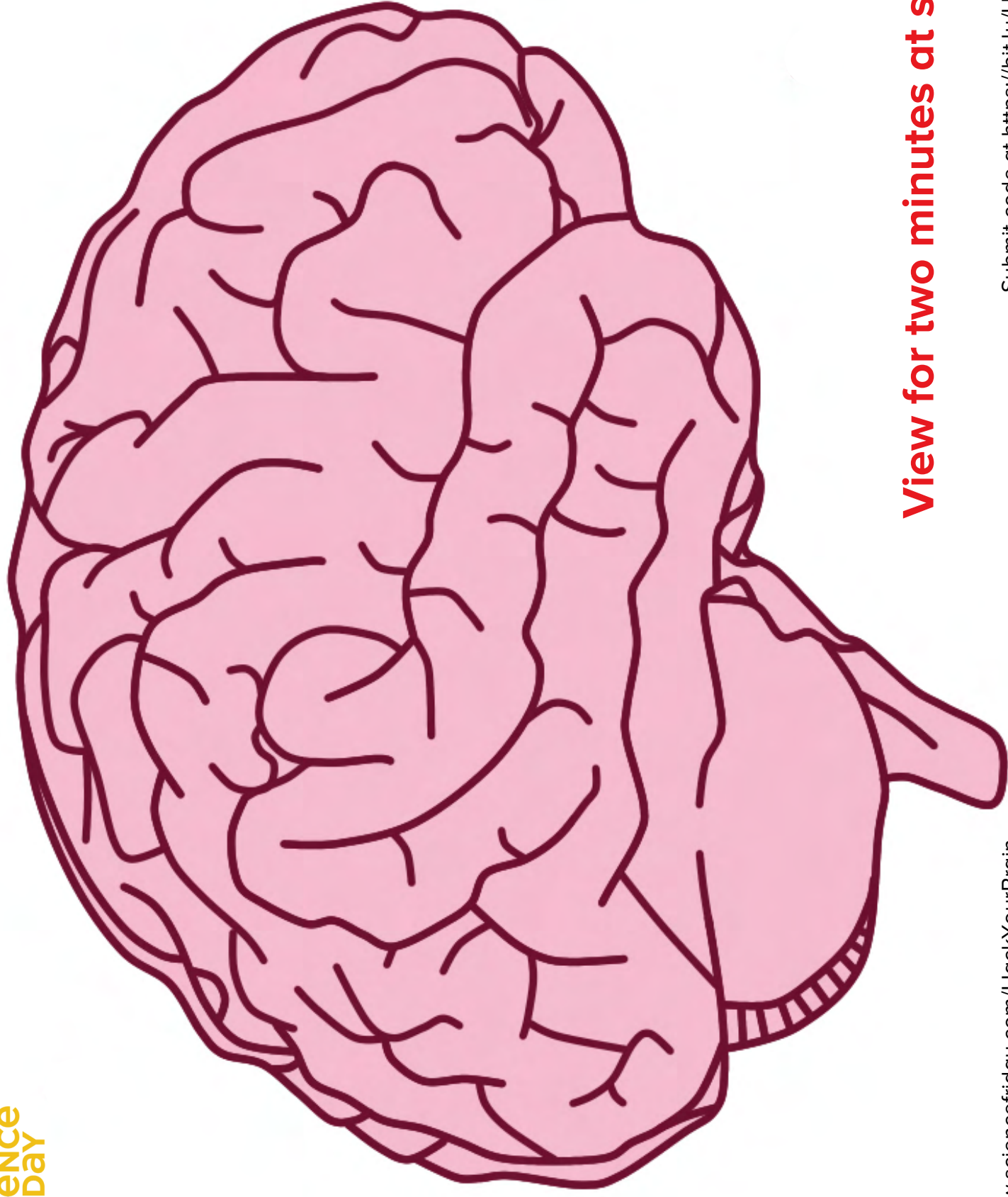
Print double-sided, head to head. Cut along the dotted line.

Construction:

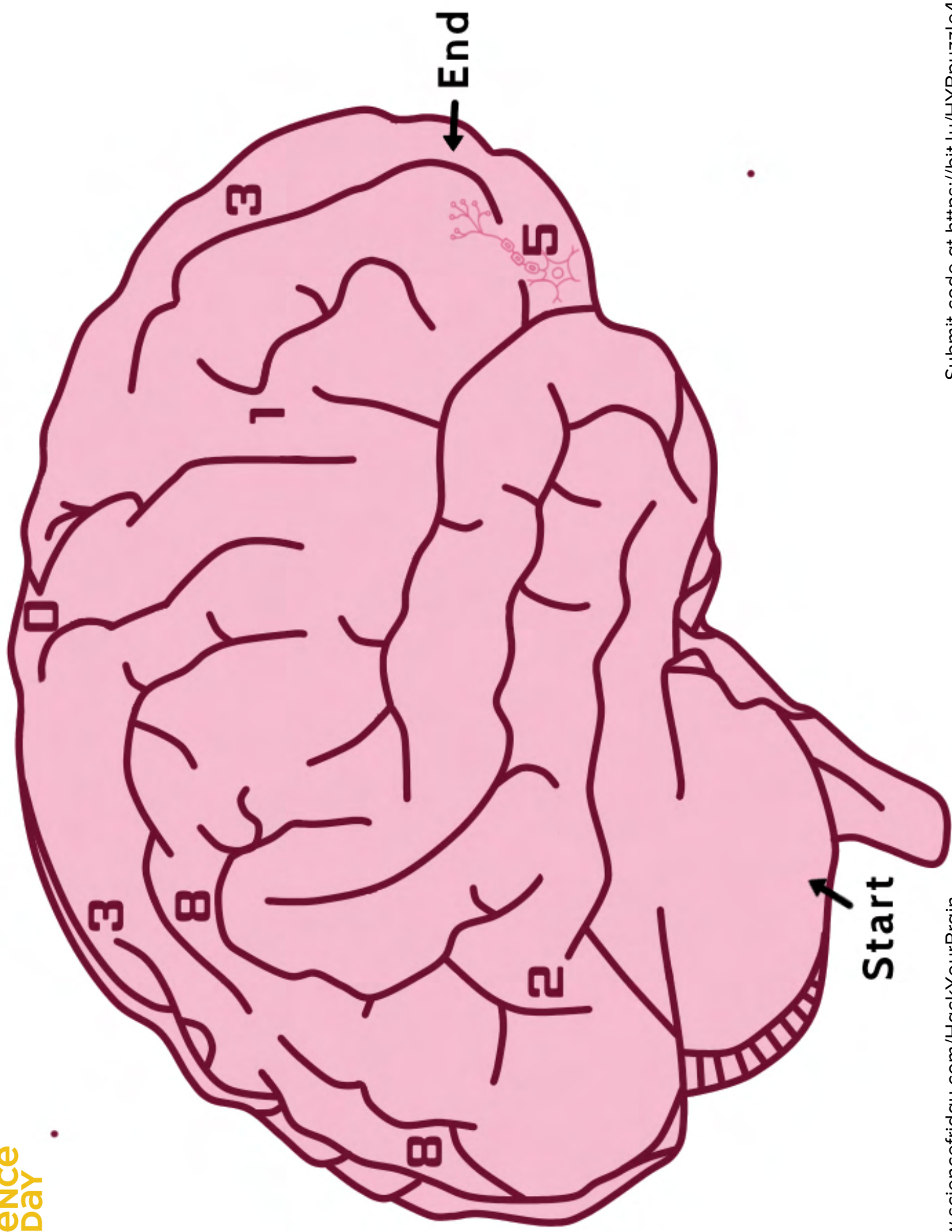
1. Print out both brain images on copy paper.
2. Place them onto a sturdy surface like thin cardboard or poster board so that each side has one image. A cereal or cracker box works well.
3. Using toothpicks, pins, or paperclips, poke through the two dots from one side to the other to align the images.
4. Tape or glue the images to the cardboard.
5. Optionally, create feet with scrap cardboard so the maze can stand on its own.

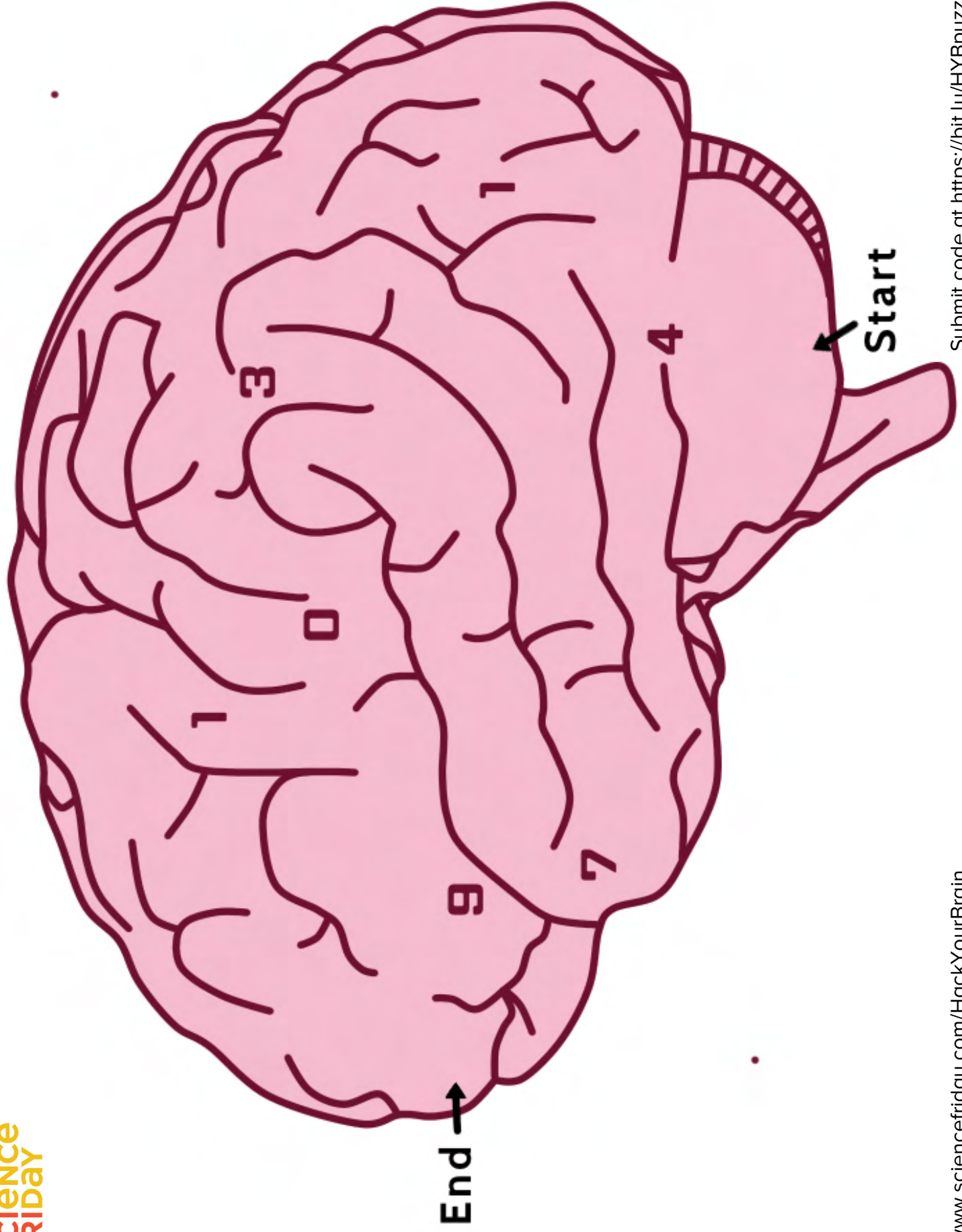
Instructions:

1. Give each participant up to two minutes to view the complete brain maze (on pages 2 and 3 of this resource) to familiarize themselves with the path.
2. Place each magnet on the board across from one another at the "Start" so that they attract each other through the board.
3. Each participant then sits on opposite sides of the board so they can only see one side of the maze and move one magnet.
4. Working together, participants must navigate the maze from Start to Finish.
5. Magnets cannot cross a line on either side.
6. Note the numbers you pass on a successful path through the maze. They are the secret code. Enter it in the form at <https://bit.ly/HYBpuzzle4>.

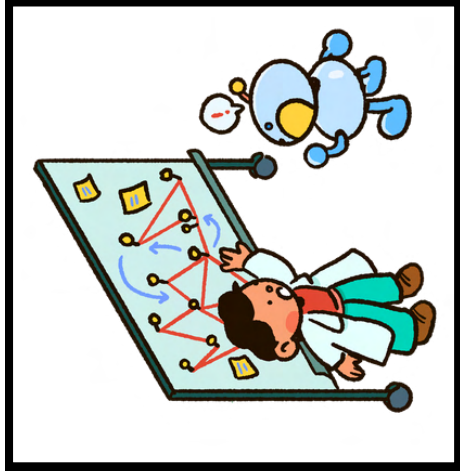
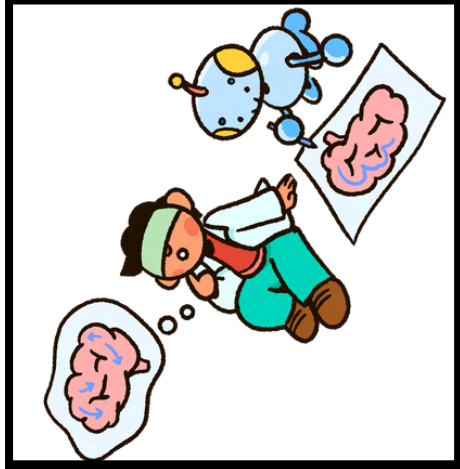
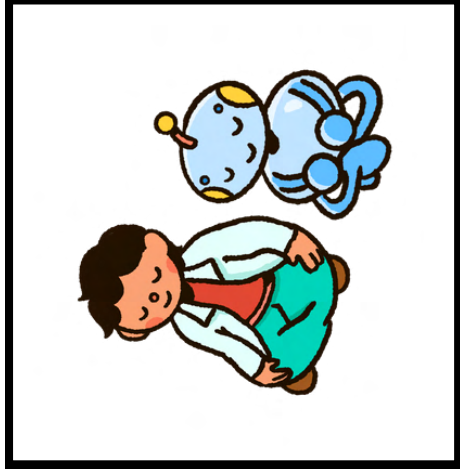


View for two minutes at start.





Find this neuron symbol in the previous puzzles. Look for a number near each neuron. Using the pictures below, place the numbers in order for your secret code.



science FRIDAY

Ever wonder what goes on inside your head? Now's your chance to delve deep into the workings of the brain and discover its secrets. Because understanding your mind isn't just interesting—it's the key to a happier, healthier life!

This Spring, Science Friday, in partnership with the Dana Foundation, is launching a new FREE program to unlock your brain's secrets!

Custom-designed for the curious and adventurous spirits of middle-schoolers, [Hack Your Brain](#) is an anywhere, anytime program for everyone, regardless of prior knowledge of neuroscience. With our online program, you get to chart your own path to discovery—on your own schedule, in your own way, wherever you want.

Got questions? Send us an email at educate@sciencefriday.com. Visit ScienceFriday.com/HackYourBrain for regular updates, an Instructor's Guide, recordings from the Hack Your Brain livestreams, additional materials, and resources in Spanish.



Dana
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