



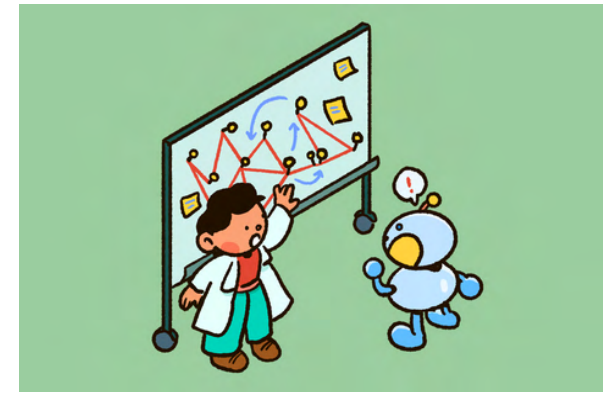
### Day 1 - [Discover How Your Brain Builds Muscle Memory](#)

- Investigate the brain's ability to coordinate movement, develop motor skills, and create muscle memories.
- Materials: a jump rope (or equivalent), printable grid and cards, paperclips (optional).



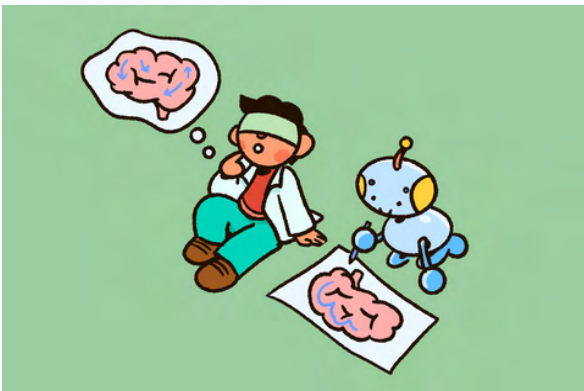
### Day 2 - [Train Your Brain To Manage Stress](#)

- Discover brain-based approaches to develop resilience, manage stress, and cultivate a positive mindset.
- Materials: a set of Jacks (or equivalent), printable cards, either red film or a mirror.



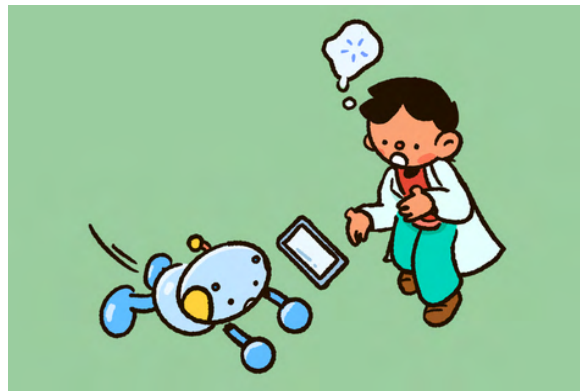
### Day 3 - [Boost Memory And Learning With The Science Of Sleep](#)

- Discover how getting enough quality sleep is essential for transforming new knowledge into lasting memories.
- Materials: a dry kitchen sponge, a measuring cup, water, printable puzzle.



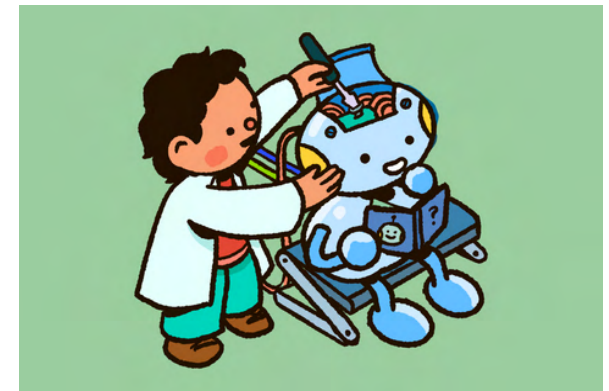
### Day 4 - [Think Like A Squirrel: Nature's Spatial Memory Expert](#)

- Discover how observing animals' remarkable memory abilities can teach you about spatial memory and the brain's incredible adaptability.
- Materials: paper, markers, printable maze, two small magnets.



### Day 5 - [Hack Your Brain To Increase Focus And Attention](#)

- Explore mindfulness techniques that will sharpen your focus, improve your attention span, and enhance your ability to concentrate.
- Materials: ruler, previous puzzles.



Visit and bookmark the [Hack Your Brain](#) website for regular updates, livestream recordings, an Instructor's Guide, additional materials, and resources in English and Spanish.



More information at [ScienceFriday.com/HackYourBrain](https://www.sciencefriday.com/HackYourBrain)