Laugho´s virus diary ☺ 5

Hello everybody on this wonderful sunny, still cold Wednesday late morning. Hope you are all fine and healthy and stay at home. This hard time is going on and we have to make the best out of it.

Yesterday we talked about the importance of sports so don´t forget to do a little bit of sport activities every day. Yesterday I was out in the fields in the near of my home – the wind was really chilly and rough and after a while I even had a little snowstorm but I enjoyed feeling the wind and breathing the cold, fresh air because this gave me the feeling of some normality. Back home I did some housework (like empty the dishwasher, dust some shelves, water the flowers, iron clothes,…..) and later I sat on my hometrainer and biked for about an hour – then I was tired enough.

It is not only important to keep your body fit but the same your brain. Therefore I want to put the focus on TRAIN YOUR BRAIN today. There are so many things you can do to keep brainfit.

Let´s start with coordinative finger exercises –

* Close your eyes and touch your nose with your forefinger – both sides (left, right)
* Put your hands on your knees – then touch your left ear with your right hand and your nose with your left hand and then change
* Touch your thumb with every finger of the hand foreward and backward – both hands at the same time
* More difficult- one hand starts touching thumb and liitle finger and the other hand starts thumb and forefinger – then the same way – touch with every finger fore and back
* You make a fist with both hands – one hand you put the thumb out and other hand you put the little finger out and then you change fingers without opening the fist
* Put your hands flat on the table – then raise one finger after the other – first start with the thumbs to the little fingers and then back
* More difficult – hands flat on the table – one hand starts raising the thumb and the other hand starts raising the little finger – fore- and backwards
* Very difficult – with one hand you draw a circle in the air and with the other a triangle

I think it would be super if you do some of them – some of you are pretty good at coordinating. There are a lot other things you can do

* Do crossword puzzles ( there are a lot in newspapers or in the net even for kids)
* Do picture puzzles ( they can be really tricky and you need a lot of patience)
* Try to solve sudokus – I know it´s a little bit of Maths and logical thinking but it really works
* Try to spot out differences – in pictures (newspapers,net) or you play with someone of your family – look at a person – then you go out and change some things and the other one has to find out what was changed
* Start learning to juggle – there a informations in the net – start with two balls (tennis balls are super) one in the left and one in the right- throw them from the left to the right and vice versa- if you get better try out three ( always throw crosswise)
* A super brain training is to spell words backwards – start with short words and then try out longer ones and try to get faster – more difficult is to do some moves during spelling
* Another perfect training is to learn poems by heart – of course students mostly don´t like it – but it is super for memorizing
* You can also play a game – tell or show someone in your family different words or things ( at least 5-10 ) and then they should memorize them in the correct sequence
* Find tongue twister and try to say them fast and correctly – she sells seashells by the seashore - I scream, you scream, we all scream for ice cream - I saw Susie sitting in the shoeshine shop - I have a date at a quarter to eight, I´ll see you at the gate so don´t be late - I wish to wash my Irish wristwatch - four fine fresh fish for you - I saw a kitten eating chicken in the kitchen - six sticky skeletons - and there are a lot more tricky tongue twisters in the net – I´m sure you will find if you are interested

Okay I think that´s enough for today to keep your brain fit – maybe you´ll have some fun doing some things out of the proposals. I wish all of you a wonderful day – no stress – try to have a good time with your family , stay healthy - till tomorrow

Yours Lacho☺