**Brain Development—Exercise with Marbles**

1. Brain Positive & Negative words or phrases that we say to our children

1. Salmon colored marbles (30 or so) in a clear container (Represent Brain Cells)
2. Everyone take 2 white marbles and say something “negative” before dropping them in the container.
3. Everyone take 4 blue marbles and say something “positive” before dropping them in the container.

This definitely shows how our brains are so stimulated by positive feedback that the brain actually “lights up”. This has been proven with much research and studies.

Excellent time to show DVD “First Impressions…Exposure To Violence and A Children’s Developing Brian”.