

NEUROBICS

AT

YOUR FINGERTIPS

BY

GARETH ROWLANDS

Daily Neurobic sessions ready for your use

Contents

	Pages
Introduction	2 - 4
Disclaimer	5
Articles	6 - 7
Neurobic exercises guide	8 - 14
Sample session	15 - 16
Session 1 to 40	17 - 56
Reminders	57
Neurobic art or 'Non Dom' designs	58 - 69

Introduction

According to ongoing research in the USA, UK and other countries, Neurobic exercises stimulate the brain and help to prevent memory loss.

The dictionary describes Neurobics as activities or mental (cognitive) tasks that stimulate the brain and help memory loss.

The Neurobic exercises in this resource booklet involve using the non dominant hand in order to surprise and challenge the brain by asking it to do something it finds unusual.

The Neurobic exercises guide in this booklet explains that the hand you usually use to do everyday tasks is called the dominant hand or your usual hand. The non dominant hand is the hand you do not usually use to do your everyday tasks and is called your unusual hand.

To attempt the Neurobic exercises in this resource you are invited to make rough sketches of diagrams and drawings with both your dominant hand and non dominant hand. You can use tracing paper if you wish as long as you use your dominant hand and non dominant hand when asked to do so.

Most of the Neurobic exercises in this resource involve the use of letters, words, sentences, proverbs, diagrams and drawings. The booklet contains ready to use daily exercises in the form of sessions so that it is quick and convenient to get started. The sessions can last as long as required but it is helpful to aim at doing a session every day for about ten minutes. There are no hard and fast rules and the exercises can be attempted individually, in pairs (involving the help of a carer or relative), in groups such as workshops, in care home gatherings and dementia cafes and even in family gatherings. From experience, the Neurobic exercises provide a lot of fun and enjoyment especially when comparing results using different hands!

The sessions can be repeated if necessary and can be adapted and altered to suit the needs and circumstances of the participants at the time. Carers, family members and others may wish to use the information in this resource to write their own exercises.

Ongoing research claim that the main benefits of attempting Neurobic exercises are improved memory, greater motivation, improved alertness and better moods.

This booklet has a section on Neurobics art and design called 'Non Dom Art and Design' where drawings can be made using the non dominant hand, with shapes shaded and coloured in and then cut out to form a piece of art work.

The shapes can be traced or photocopied.

Other resource booklets written by the author include the following:

Activities for Today for residential and nursing care homes;

Exercises using letters, words, numbers and diagrams;

Your Brain Matters;

At Home with Neurobics;

Neurobics exercises guide.

Articles describing the author's work with people living with memory loss are included in this resource.

The author lives in St Albans, Hertfordshire and free resource booklets can be found on the opening page of his web site: www.battledementia.co.uk

Of course, attempting exercises such as crossword puzzles, Soduku, Scrabble and others are useful in keeping the brain active but they may not be as effective as Neurobic exercises in challenging and stimulating the brain.

Materials required:

Plain paper (preferably A4)

Pens and pencils

Tracing paper

Rulers

Stencils

Felt tipped pens for coloring

Painting materials (if you wish)

Important information:

Did you know this?

Currently more than 55 million people live with dementia worldwide and there are nearly 10 million new cases every year.

Dementia is currently the 7th leading cause of death among all diseases and one of the major causes of disability and dependency among people globally.

Bearing these statistics in mind, it is of paramount importance that we all explore every avenue of opportunity to find ways and means to prevent people having to live with any form of memory loss. That is why the author keeps on writing Neurobic exercises resources.

Disclaimer

The information provided in this resource booklet is designed to provide helpful information for the purpose of helping prevent memory loss and also increase mental fitness.

This booklet is not meant to be used nor should it be used to diagnose or treat any medical condition, mental or physical. For diagnosis or treatment of any medical or physical problem one is always advised to consult one's own General Practitioner immediately.

The author will not be held responsible for any injury, loss or damage caused in any manner whatsoever by anyone attempting any of the exercises in this booklet.

As with any exercises programme one should be aware of one's own physical or mental limitations, and if one has any concerns one should consult a qualified health care professional for advice with immediate effect.

This resource is not to be taken as a substitute for the medical advice of a qualified physician.

Gareth Rowlands
Author

Neurobic exercises

A neurobic exercises project sidesteps and overcomes COVID-19

Words ALAN DAVIES

The dictionary describes neurobics as activities or mental (cognitive) tasks that stimulate the brain and help prevent memory loss.

Using his website www.battledementia.co.uk, a St Albans mathematician is winning the battle against COVID-19 by providing care homes in Hertfordshire and care centres worldwide with his brain stimulating neurobic exercises.

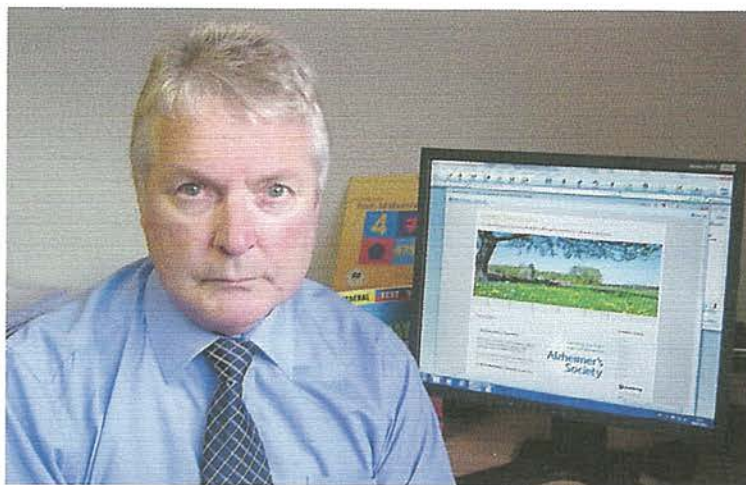
Before the outbreak of the pandemic, Gareth Rowlands, a campaigner for people living with memory loss such as Alzheimer's disease and dementia, was able to organise workshops at care homes, dementia cafes and doctors' surgeries throughout the county.

He decided to combat the visiting restrictions posed by COVID-19 by using his website.

According to recent and ongoing research, neurobic exercises stimulate the brain, improve one's memory and enhance one's quality of life.

The brain loves a challenge, especially a change in routine.

On the opening page of his



Gareth Rowlands, a mathematician and a personal campaigner for people living with memory loss such as Alzheimer's disease and dementia

website, Gareth's resource booklet *'Your Brain Matters'*, which contains hundreds of memory boosting exercises, can be downloaded free of charge.

The brain exercises, which act like a workout for the brain, involve using one's non-dominant hand to write symbols, letters, words, and sentences including drawing simple diagrams.

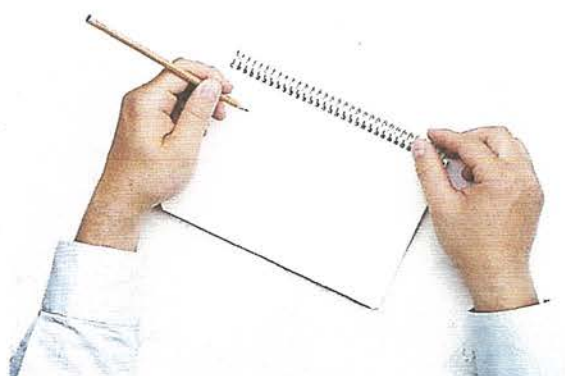
Attempting the exercises daily for 10 to 15 minutes can reap the benefits of improved memory,

alertness, greater awareness and happier moods, which in turn enhance the quality of life.

Other examples of neurobic exercises include using one's non-dominant hand while eating, cleaning one's teeth, doing up buttons while dressing, combing or brushing one's hair, opening and shutting doors and containers, in addition to using two of one's senses at the same time, such as listening to music whilst drawing a picture. **1**

SIMPLE BRAIN EXERCISES TO TRY

PICTURE: GETTY IMAGES / ISTOCKPHOTO / JULIA SIDNISKAYA



- Firstly, if you are right handed, your usual hand is your right hand. If you are right handed, your unusual hand is your left hand. If you are left handed, your usual hand is your left hand. If you are left handed, your unusual hand is your right hand. All you need is a pencil and paper for this exercise. Have fun!
- Write down your first name with your usual hand. Write down your name with your unusual hand. Write down your name backwards with your usual hand. Write down your name backwards with your unusual hand.
- Make a rough sketch of the letter A with your usual hand. Make a rough sketch of the letter with your unusual hand.
- Write down the number 564 with your usual hand. Write down the number with your unusual hand. Write down the number backwards with your usual hand. Write down the number backwards with your unusual hand.

Teacher shares ways to slow memory loss



Gareth Rowlands runs neurobic exercise workshops to help people with memory loss

By Daisy Smith

A MATHEMATICIAN has shared some of the brain exercises he uses to help people with dementia.

Gareth Rowlands, from St Albans, runs memory workshops at dementia cafés and care homes in Hertfordshire.

He became passionate about helping those with memory loss after he visited a care home which his wife ran in Barnet.

The retired teacher decided to spend his spare time organising an activity programme for the residents at the care home and began teaching them neurobic exercises he had learned throughout his career.

These include using your dominant and then non-dominant hand to write words and draw diagrams, making simple changes to your routine such as using your non-dominant hand to brush your teeth or to open doors and drawing a picture while listening to music.

Mr Rowlands said: "Combining two or more senses sends a message to the brain and stimu-

lates it as it realises the challenge of the different routine."

He has created a list of 100 neurobic exercises and hopes they will eventually be used by people across the country.

Mr Rowlands said: "There has been ongoing research at Kings College in London that says attempting these exercises and training your brain for short periods of time can have many benefits.

"This includes less stress and positive moods. If you do exercises daily for 10 to 15 minutes for about a month you can notice a change in your memory. You need to think of your brain as a muscle which needs exercise."

The former teacher explained how he came to start his memory workshops. He said: "It was sad seeing residents at the care home doing nothing at all. The care home invited me to organise an activity programme and they reaped considerable benefits.

"I now organise workshops at various venues including dementia cafés and doctors' surgeries to help people who are suffering from memory loss.

"There is a lot to do in terms of helping people, but my mission really is to persevere and leave no stone unturned to help people in the prevention of memory loss."

He added: "When I was doing a neurobic session recently at a dementia café at Welwyn Garden City I asked people if they found any benefits from the exercises.

"They said there was a slight improvement in the memory, were less stressed, they had positive moods, increased motivation and faster thinking."

The former teacher passes on his exercises to others in the community as he believes in their benefits not just for people suffering with memory loss but also for everyday memory.

He said: "One of my big ambitions is to get this to snowball to not only spread throughout Hertfordshire and make an impression on the county but to make a national impact.

"People can use my ideas to benefit the people who are suffering from memory loss and hopefully be used to catch diseases such as Alzheimer's early."

Your Neurobic exercises guide appears on the next few pages

Hello!



Welcome to your neurobic exercise guide!

All you need is a pen and paper and you are on your way!

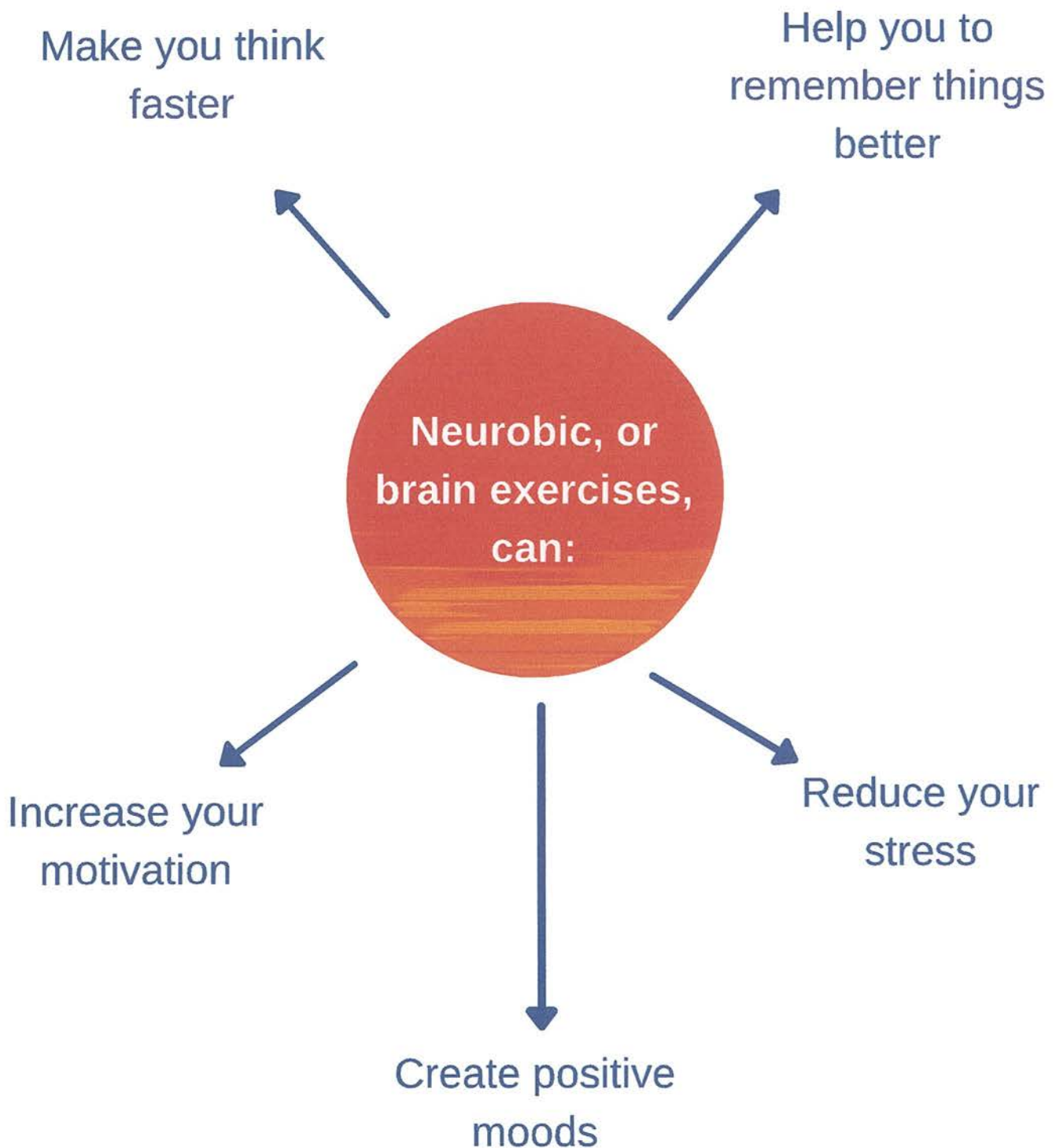
The contents of this guide on neurobic exercises have been provided by Gareth Rowlands, a campaigner for people living with memory loss. A resource booklet '*Our Brain Matters*' can be found on the opening page of his web site www.battledementia.co.uk. If you would like to practice more similar exercises to this guide, please visit his website.

His resource '*Our Brain Matters*' is made up of a variety of different neurobic exercises, divided into chapters. Most of the exercises are graded starting with easy exercises leading on to more difficult ones.

It is suggested that carers using his resource at home, in residential care and nursing homes and elsewhere will be able to select exercises for their residents to suit their circumstances at the time. The exercise can be attempted by themselves, in pairs or in groups as a family.



Benefits of neurobic exercises



NOTE:

For best results, neurobic exercises should be attempted for 10-15 minutes daily.

Writing exercises

Guide on how to do these exercises

If you're right handed:

L = Unusual hand



R = Usual hand



If you're left handed:

L = Usual hand



R = Unusual hand



Writing Exercises

You can make up your own exercises like the below using different names, letters, shapes and numbers.

Exercise 1:

- Write down your first name with your usual hand.
- Write down your name with your unusual hand.
- Write down your name backwards with your usual hand.
- Write down your name backwards with your unusual hand.

Exercise 2:

- Make a rough sketch of this letter with your usual hand.
- Make a rough sketch of the letter with your unusual hand.



Exercise 3:

- Write down this number with your usual hand.
- Write down the number with your unusual hand.
- Write down the number backwards with your usual hand.
- Write down the number backwards with your unusual hand.



Day-to-day exercises

Just as too much sitting is bad for the body, too much day-in, day-out routine is bad for the brain.

The brain needs to be stimulated constantly.

Try these routine tasks using your non dominant hand and bring your brain alive:

- Brushing your teeth
- Opening the toothpaste tube
- Combing or brushing your hair
- Using a spoon at breakfast time
- Dialing a number
- Using the computer mouse
- Typing on your computer keyboard



With your eyes closed try using your unusual hand to:

- Dressing and buttoning or zipping up
- Washing your face
- Carefully opening and shutting doors and containers;

To tax your brain:

- Turn your calendar upside down
- Wear your watch upside down on your unusual wrist
- Read a newspaper item when it is upside down
- Turn family photos upside down and display in another room



Day-to-day exercises

When you are really energetic, use your non dominant hand to:

- Throw a ball into a basket or bucket. Repeat 10 times
- Throw a ball up and catch it. Repeat 10 times.
- Bounce a ball five to ten times.
- Roll a ball into the corner of the room. Repeat 10 times.



Exercises involving tasks using two or more of the five senses (sight, hearing, smell, taste and touch):

- Dancing to recorded or live music - turn up that radio!
- Singing whilst drawing or painting a picture
- Singing whilst doing a task such as housework or gardening
- Watching the clouds go by whilst creating a shape with modelling clay
- Drawing a picture, singing in a room with a lovely smell of lavender



Sample session

Write down the word brain with your dominant hand.

Write down the word brain backwards with your dominant hand.

Write down the word brain with your non dominant hand.

Write down the word brain backwards with your non dominant hand.

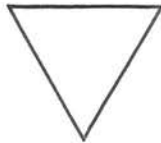
Write down the number 983 with your dominant hand.

Write down the number 983 backwards with your dominant hand.

Write down the number 983 with your non dominant hand

Write down the number 983 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram with your dominant hand.

Make a rough sketch of the diagram with your non dominant hand.

Shade in the diagram with your non dominant hand.

Write down this proverb with your dominant hand:

Don't look a gift horse in the mouth.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session results!!

brain
niarb

brain
niarb

983

389

983

389



Don't look a gift horse in the mouth

htuom eht ni esrohtfig a kool t'no

Don't look a gift horse in the mouth

htuom eht ni esrohtfig a kool t'no

Proverb means: To show lack of appreciation when
receiving a gift

Session 1

Write your full name with your dominant hand.

Write your full name backwards with your dominant hand.

Write your full name with your non dominant hand.

Write your full name backwards with your non dominant hand.

Write down the number 258 with your dominant hand.

Write down the number 258 backwards with your dominant hand.

Write down the number 258 with your non dominant hand.

Write down the number 258 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade it in with your dominant hand.

Make a rough sketch of the same diagram with your non dominant hand.

Shade it in with your non dominant hand.

Write down this proverb with your dominant hand:

A stitch in time saves nine.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 2

Write down the word Neurobics with your dominant hand.

Write down the word Neurobics backwards with your dominant hand.

Write down the word Neurobics with your non dominant hand.

Write down the word Neurobics backwards with your non dominant hand.

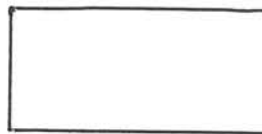
Write down the number 643 with your dominant hand.

Write down the number 643 backwards with your dominant hand.

Write down the number 643 with your non dominant hand.

Write down the number 643 backwards with your non dominant and.

Make a rough sketch of this diagram with your dominant hand.



Shade in the diagram with your dominant hand.

Make a rough sketch of the diagram with your non dominant hand.

Shade in the diagram with your non dominant hand.

Write down this proverb with your dominant hand:

The pen is mightier than the sword.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 3

Write down the word brainpower with your dominant hand.

Write down the word brainpower backwards with your dominant hand.

Write down the word brainpower with your non dominant hand.

Write down the word brainpower backwards with your non dominant hand.

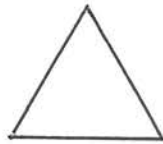
Write down the number 853 with your dominant hand.

Write down the number 853 backwards with your dominant hand.

Write down the number 853 with your non dominant hand.

Write down the number 853 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram using your dominant hand.

Make a rough sketch of the diagram with your non dominant hand.

Shade in the diagram using your non dominant hand.

Write down this proverb using your dominant hand:

A bird in hand is worth two in the bush.

Write down the proverb backwards using your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 4

Write down the word remembering with your dominant hand.

Write down the word remembering backwards with your dominant hand.

Write down the word remembering with your non dominant hand.

Write down the word remembering backwards with your non dominant hand.

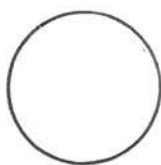
Write down the number 927 with your dominant hand.

Write down the number 927 backwards with your dominant hand.

Write down the number 927 with your non dominant hand.

Write down the number 927 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram with your dominant hand.

Make a rough sketch of the diagram using your non dominant hand.

Shade in the diagram using your non dominant hand.

Write down this proverb using your dominant hand:

Absence makes the heart grow fonder.

Write down the proverb backwards using your dominant hand.

Write down the proverb using their non dominant hand.

Write down th proverb backwards using you non dominant hand.

What does the proverb mean?

Session 5

Write down the word intelligent with your dominant hand.

Write down the word intelligent backwards with your dominant hand.

Write down the word intelligent with your non dominant hand.

Write down the word intelligent backwards with your non dominant hand.

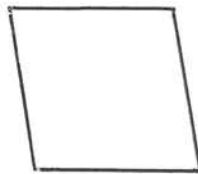
Write down the number 953 with your dominant hand.

Write down the number 953 backwards with your dominant hand.

Write down the number 953 with your non dominant hand.

Write down the number 953 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram using your dominant hand.

Make a rough sketch of the diagram with your non dominant hand.

Shade in the diagram with your non dominant hand.

Write down this proverb using your dominant hand:

A cat has nine lives.

Write down the proverb backwards using your dominant hand.

Write down the proverb using your non dominant hand.

Write down the proverb backwards using your non dominant hand.

What does the proverb mean?

Session 6

Write down the word judgment with your dominant hand.

Write down the word judgment backwards with your dominant hand.

Write down the word judgment with your non dominant hand.

Write down the word judgment backwards with your non dominant hand.

Write down the number 926 with your dominant hand.

Write down the number 926 backwards with your dominant hand.

Write down the number 926 with your non dominant hand.

Write down the number 926 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram with your dominant hand.

Make a rough sketch of the diagram with your non dominant hand.

Shade in the diagram with your non dominant hand.

Write down this proverb with your dominant hand:

A chain is only as strong as its weakest link.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 7

Write down the word consciousness with your dominant hand.

Write down the word consciousness backwards with your dominant hand.

Write down the word consciousness with your non dominant hand.

Write down the word consciousness backwards with your non dominant hand.

Write down the number 529 with your dominant hand.

Write down the number 529 backwards with your dominant hand.

Write down the number 529 with your non dominant hand.

Write down the number 529 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram using your dominant hand.

Make a rough sketch of the diagram using your non dominant hand.

Shade in the diagram using your non dominant hand.

Write down this proverb using your dominant hand:

A drowning man will clutch at a straw.

Write down the proverb backwards using your dominant hand.

Write down the proverb using your non dominant hand.

Write down the proverb backwards using your non dominant hand.

What does the proverb mean?

Session 8

Write down the word perception with your dominant hand.

Write down the word perception backwards with your dominant hand

Write down the word perception with your non dominant hand.

Write down the word perception backwards with your non dominant hand.

Write down the number 903 with your dominant hand.

Write down the number 903 backwards with your dominant hand.

Write down the number 903 with your non dominant hand.

Write down the number 903 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram with your dominant hand.

Make a rough sketch of the diagram with your non dominant hand.

Shade in the diagram with your non dominant hand.

Write down this proverb with your dominant hand:

A fool and his money are soon parted.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 9

Write down the word astuteness with your dominant hand.

Write down the word astuteness backwards with your dominant hand.

Write down the word astuteness with your non dominant hand.

Write down the word astuteness backwards with your non dominant hand.

Write down the number 987 with your dominant hand.

Write down the number 987 backwards with your dominant hand.

Write down the number 987 with your non dominant hand.

Write down the number 987 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram with your dominant hand.

Make a rough sketch of the diagram with your non dominant hand.

Shade in the diagram with your non dominant hand.

Write down this proverb with your dominant hand:

A leopard never changes its spots.

Write down the proverb backwards using your dominant hand.

Write down the proverb using your non dominant hand.

Write down the proverb backwards using your non dominant hand.

What does the proverb mean?

Session 10

Write down the word alertness with your dominant hand.

Write down the word alertness backwards with your dominant hand.

Write down the word alertness with your non dominant hand.

Write down the word alertness backwards with your non dominant hand.

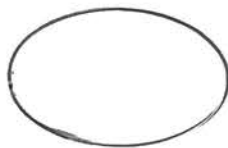
Write down the number 6295 with your dominant hand.

Write down the number 6295 backwards with your dominant hand.

Write down the number 6259 with your non dominant hand.

Write down the number 6259 backwards with your non dominant hand.

Make a rough sketch of this diagram using your dominant hand:



Shade in the diagram using your dominant hand.

Make a rough sketch of the diagram using your non dominant hand.

Shade in the diagram using your non dominant hand.

Write down this proverb using your dominant hand:

Action speaks louder than words.

Write down the proverb backwards using your dominant hand.

Write down the proverb using your non dominant hand.

Write down the proverb backwards using your non dominant hand.

What does the proverb mean?

Session 11

Write down the word mentality with your dominant hand.

Write down the word mentality backwards with your dominant hand.

Write down the word mentality with your non dominant hand.

Write down the word mentality backwards with your non dominant hand.

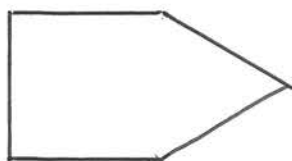
Write down the number 4678 with your dominant hand.

Write down the number 4678 backwards with your dominant hand.

Write down the number 4678 with your non dominant hand.

Write down the number 4678 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram with your dominant hand.

Make a rough sketch of the diagram with your non dominant hand.

Shade in the diagram with your non dominant hand.

Write down this proverb with your dominant hand:

A bad worker always blames his tools.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 12

Write down the word brilliance with your dominant hand.

Write down the word brilliance backwards with your dominant hand.

Write down the word brilliance with your non dominant hand.

Write down the word brilliance backwards with your non dominant hand.

Write down the number 6297 with your dominant hand.

Write down the number 6297 backwards with your dominant hand.

Write down the number 6297 with your non dominant hand.

Write down the number 6297 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram with your dominant hand.

Make a rough sketch of the diagram with your non dominant hand.

Shade in the diagram with your non dominant hand.

Write down this proverb with your dominant hand:

Adversity and loss make a man or woman wise

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 13

Write down the word motivation with your dominant hand.

Write down the word motivation backwards with your dominant hand.

Write down the word motivation with your non dominant hand.

Write down the word motivation backwards with your non dominant hand.

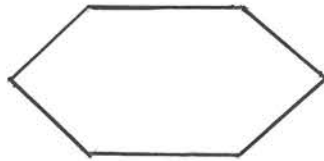
Write down the number 5198 with your dominant hand.

Write down the number 5198 backwards with your dominant hand.

Write down the number 5198 with your non dominant hand.

Write down the number 5198 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram with your dominant hand.

Make a rough sketch of the diagram with your non dominant hand.

Shade in the diagram with your non dominant hand.

Write down this proverb with your dominant hand:

A journey of a thousand miles begins with a single step.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 14

Write down the word determined with your dominant hand.

Write down the word determined backwards with your dominant hand.

Write down the word determined with your non dominant hand.

Write down the word determined backwards with your non dominant hand.

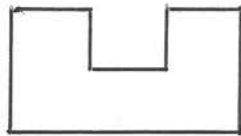
Write down the number 3928 with your dominant hand.

Write down the number 3928 backwards with your dominant hand.

Write down the number 3928 with your non dominant hand.

Write down the number 3928 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram with your dominant hand.

Make a sketch of the diagram with your non dominant hand.

Shade in the diagram with your non dominant hand.

Write down this proverb with your dominant hand:

All good things come to an end.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 15

Write down the word enlightened with your dominant hand.

Write down the word enlightened backwards with your non dominant hand.

Write down the word enlightened with your non dominant hand.

Write down the word enlightened backwards with your non dominant hand.

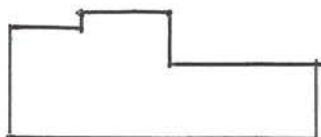
Write down the number 4286 with your dominant hand.

Write down the number 4286 backwards with your dominant hand.

Write down the number 4286 with your non dominant hand.

Write down the number 4286 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram with your dominant hand.

Make a rough sketch of the diagram with your non dominant hand.

Shade in the diagram with your non dominant hand.

Write down this proverb with your dominant hand:

All that glitters is not gold.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 16

Write down the word happiness with your dominant hand.

Write down the word happiness backwards with your dominant hand.

Write down the word happiness with your non dominant hand.

Write down the word happiness backwards with your non dominant hand.

Write down the number 5398 with your dominant hand.

Write down the number 5398 backwards with your dominant hand.

Write down the number 5398 with your non dominant hand.

Write down the number 5398 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram with your dominant hand.

Make a rough sketch of the diagram with your non dominant hand.

Shade in the diagram with your non dominant hand.

Write down this proverb with your dominant hand:

All is fair in love and war.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 17

Write down the word exploration with your dominant hand.

Write down the word exploration backwards with your dominant hand.

Write down the word exploration with your non dominant hand.

Write down the word exploration backwards with your non dominant hand.

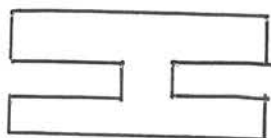
Write down the number 3965 with your dominant hand.

Write down the number 3965 backwards with your dominant hand.

Write down the number 3965 with your non dominant hand.

Write down the number 3965 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram with your dominant hand.

Make a rough sketch of the diagram with your non dominant hand.

Shade in the diagram with your non dominant hand.

Write down this proverb with your dominant hand:

Always put your best foot forward.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 18

Write down the word willingness with your dominant hand.

Write down the word willingness backwards with your dominant hand.

Write down the word willingness with your non dominant hand.

Write down the word willingness backwards with your non dominant hand.

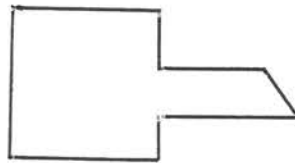
Write down the number 5297 with your dominant hand.

Write down the number 5297 backwards with your dominant hand.

Write down the number 5297 with your non dominant hand.

Write down the number 5297 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram with your dominant hand.

Make a rough sketch of the diagram with your non dominant hand.

Shade in the diagram with your non dominant hand.

Write down this proverb with your dominant hand:

Among the blind the on-eyed man is king.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 19

Write down the word progressive with your dominant hand.

Write down the word progressive backwards with your dominant hand.

Write down the word progressive with your non dominant hand.

Write down the word progressive backwards with your non dominant hand.

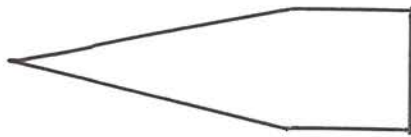
Write down the number 2975 with your dominant hand.

Write down the number 2975 backwards with your dominant hand.

Write down the number 2975 with your non dominant hand.

Write down the number 2975 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand:



Shade in the diagram with your dominant hand.

Make a rough sketch of the diagram with your non dominant hand.

Shade in the diagram with your non dominant hand.

Write down this proverb with your dominant hand:

An apple a day keeps the doctor away.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 20

Write down the word awareness using your dominant hand.

Write down the word awareness backwards using your dominant hand.

Write down the word awareness with your non dominant hand.

Write down the word awareness backwards with your non dominant hand.

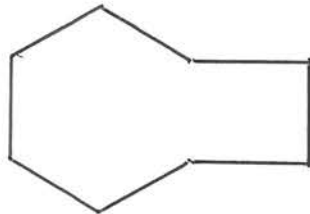
Write down the number 3957 with your dominant hand.

Write down the number 3975 backwards with your dominant hand.

Write down the number 3975 with your non dominant hand.

Write down the number 3975 backwards with your non dominant hand.

Make a rough sketch of this diagram with your dominant hand.



Shade in the diagram with your dominant hand.

Make a sketch of the diagram with your non dominant hand.

Shade in the diagram with your non dominant hand.

Write down this proverb using your dominant hand:

An idle brain is the devil's workshop.

Write down the proverb backwards using your dominant hand.

Write down the proverb using your non dominant hand.

Write down the proverb backwards using your non dominant hand.

What does the proverb mean?

Session 21

Make a rough sketch of this stick man with your dominant hand:



Make a rough sketch of the stick man with your non dominant hand.

Write down this series of numbers including the missing number with your dominant hand: 3, 5, 7, -, 11, 13, 15

Write the series of numbers backwards with your dominant hand.
Write down the numbers backwards with your non dominant hand.

What day of the week do these letters form when written backwards: YADNOM? Print your answer with your dominant hand and then your non dominant hand.

What large number do these numbers form when written backwards: 627534? Write down your answer with your dominant hand and then with your non dominant hand.

Write down this proverb with your dominant hand:

A picture is worth a thousand words.

Write down the proverb backwards with your dominant hand.
Write down the proverb with your non dominant hand.
Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 22

Make a rough sketch of this stick man with your dominant hand:



Make a rough sketch of the stick man with your non dominant hand.

Write down this series of numbers including the missing number with your dominant hand: 2, 5, 8, 11, - , 17, 20, 23.

Write the series of numbers backwards with your non dominant hand.

What month of the year do these letters form when written backwards: REBMEVON? Print your answer with your dominant hand and then your non dominant hand.

What large number do these numbers form when written backwards: 106753? Write down your answer with your dominant hand and then your non dominant hand.

Write down this proverb with your dominant hand:

A rolling stone gathers no moss.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 23

Make a rough sketch of this stick man with your dominant hand:



Make a rough sketch of the stick man with your non dominant hand.

Write down this series of numbers including the missing number with you dominant hand: 1, 4, 7, 10, -, 16, 19, 22

Write down the series of numbers with your non dominant hand.

What month of the year do these letters form when written backwards: YRAUNAJ? Print your answer with your dominant hand and then your non dominant hand.

What large number do these numbers form when written backwards: 8050607? Write down your answer with your dominant hand and then your non dominant hand.

Write down this proverb including the missing words with your dominant hand:

A ____ in the harbour is safe but not what a ____ is for.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 24

Make a rough sketch of this stick man with your dominant hand:



Make a rough sketch of the stick man with your non dominant hand.

Write down this series of numbers including the three missing numbers with your dominant hand: 10, 9, -, 7, 6, 5, -, 3, -, 1.

Write down the series of numbers backwards with your non dominant hand.

What month of the year do these letters form: ERRFUBAY?

Write down your answer backwards with your dominant hand.

Write down your answer backwards with your non dominant hand.

What large number is formed by these numbers when they are written backwards 8005006009?

Write down your answer with your dominant hand.

Write down your answer backwards with your non dominant hand.

Write down this proverb including the missing words with your dominant hand:

AS you ____, so you will ____.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 25

Make a sketch of this stick man with your dominant hand:



Make a sketch of the stick man with your non dominant hand.

Write down this series of numbers including the two missing numbers using your dominant hand: 60, 50, 40, __, __, 10

Write down your answer backwards using your non dominant hand.

Write down with your dominant hand the biggest number formed when the three numbers 7, 3 and 8 are written down together.

Write down with your non dominant hand the smallest number formed when the three numbers 6, 9 and 4 are written down together?

Write down both answers backwards with your non dominant hand.

Print with your dominant hand the two months of the year formed by these groups of letters: SUTAGU and YMA?

Write down both answers backwards using your non dominant hand.

Write down this proverb including the missing word with your dominant hand:

Barking _____ seldom bite.

Write down the proverb backwards using your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 26

Make a rough sketch of this stick man with your dominant hand:



Make a rough sketch of the stick man with your non dominant hand.

Write this series of numbers backwards including the three missing numbers with your dominant hand: 4, 6, __, __, 12, 14, 16, __.

Write down your answer backwards with your non dominant hand.

Write down the names of the days of the week that contain the letter N with your dominant hand.

Write down the names backwards with your non dominant hand.

Write down these numbers in ascending order using your dominant hand:

8, 3, 7, 2 and 9.

Write down the numbers in descending order using your non dominant hand.

Write down this proverb including the missing word with your dominant hand:

A thing begun is ____ done.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 27

On a weather map, what does this weather symbol indicate?



Make a rough sketch of the weather symbol using your dominant hand.

Make a rough sketch of the symbol using your non dominant hand.

These two capital letters are printed upside down:



Print the two letters the right way up with your dominant hand.

Print the two letters the right way up using your non dominant hand.

These numbers are written upside down:



Write the numbers the right way up with your dominant hand.

Write the numbers the right way up using your non dominant hand.

Write down this proverb including the missing word with your dominant hand:

Beauty is in the eye of the _____.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 28

Parking bays reserved for disabled drivers are labeled with this sign:



Make a rough sketch of the symbol using your dominant hand.

Make a rough sketch of the symbol using your non dominant hand.

These letters have been printed upside down:

Λ ⊥ N W

Print the letters the right way up using your dominant hand.

Print the letters the right way up using your non dominant hand.

These numbers are written upside down:

6 7 8 9

Write the numbers the right way up using your dominant hand.

Write the numbers the right way up using your non dominant hand.

Write down this proverb including the missing word using your dominant hand:

Beauty is only _____ deep.

Write down the proverb backwards using your dominant hand.

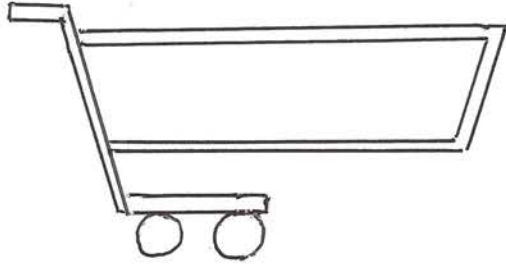
Write down the proverb using your non dominant hand.

Write down the proverb backwards using your non dominant hand.

What does the proverb mean?

Session 29

Make a rough sketch of this shopping trolley using your dominant hand.



Make a rough sketch of the trolley using your non dominant hand.

A date of birth can be written down like this: 3rd February 1939.

Write down your date of birth in the same way using your dominant hand.

Write down your date of birth using your non dominant hand.

Write down the number 357 in words using your dominant hand.

Write down the number 357 in words using your non dominant hand.

$4 \times 8 = 32$. Write down this calculation in words using your dominant hand.

Write down the calculation in words using your non dominant hand.

Write down this proverb including the missing word with your dominant hand:

Beggars can't be _____.

Write down the proverb backwards with your dominant hand.

Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 30

Make a rough sketch of this car make symbol with your dominant hand:



Make a rough sketch of the car symbol with your non dominant hand.

What make of car has this symbol?

Write down this calculation with your dominant hand:

£200 plus £50 = £250

Write down the calculation with your non dominant hand.

Write the numbers from 0 to 10 with your dominant hand.

Write the numbers from 0 to 10 backwards with your dominant hand.

Write the numbers from 0 to 10 with your non dominant hand.

Write the numbers from 0 to 10 backwards with your non dominant hand.

Christmas day is on 25th December.

Write down this date with your dominant hand.

Write down the date with your non dominant hand.

Write down the proverb including the missing word with your dominant hand:

The best things in life are _____.

Write down the proverb backwards with your dominant hand.

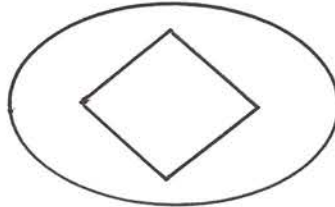
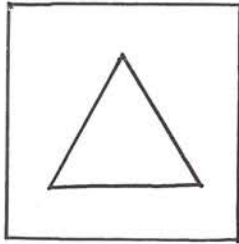
Write down the proverb with your non dominant hand.

Write down the proverb backwards with your non dominant hand.

What does the proverb mean?

Session 31

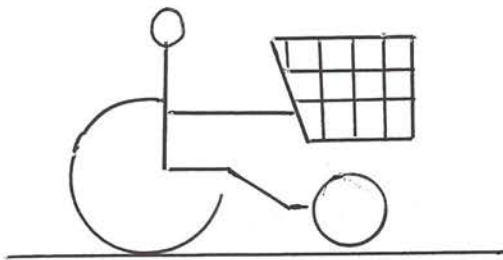
Make rough sketches of these diagrams with your dominant hand:



Shade in the middle shape in each diagram with your dominant hand.

Repeat the exercise using your non dominant hand.

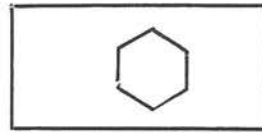
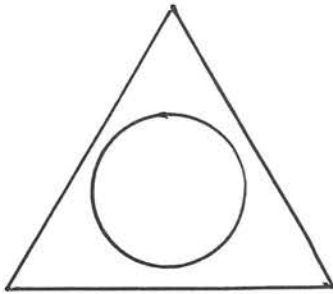
Make a rough sketch of this shop mobility vehicle with your dominant hand:



Make a rough sketch of the shop mobility using your non dominant hand.

Session 32

Make rough sketches of these diagrams with your dominant hand:



Shade in the middle shape in each diagram with your dominant hand.

Repeat the exercise using your non dominant hand.

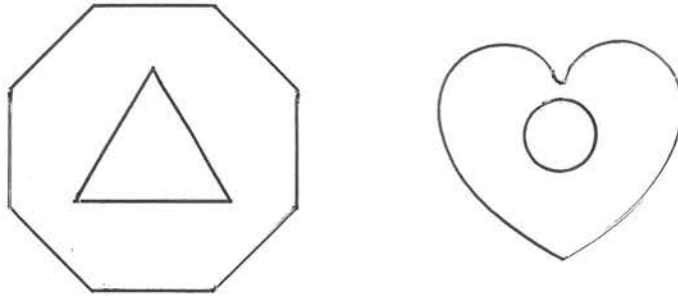
Make a rough sketch of this mother and child parking symbol with your dominant hand:



Make a rough sketch of the parking symbol using your non dominant hand.

Session 33

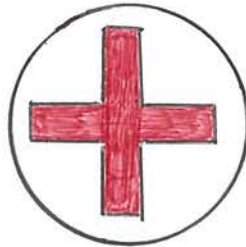
Make rough sketches of these diagrams with your dominant hand:



Shade in the middle shapes with your dominant hand.

Repeat the exercise using your non dominant hand.

Make a rough sketch of this Red Cross symbol using your dominant hand:



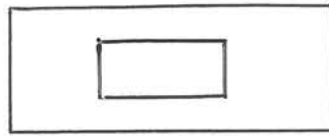
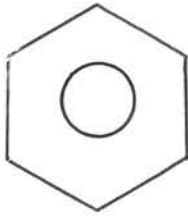
Shade in the red cross shape inside the circle with your dominant hand.

Make a rough sketch of the Red Cross symbol with your non dominant hand.

Shade in the red cross shape inside the circle with your non dominant hand.

Session 34

Make rough sketches of these diagrams with your dominant hand:



Shade in the middle shapes with your dominant hand.

Repeat the exercise using your non dominant hand.

Make a rough sketch of this Pharmacy symbol with your dominant hand:



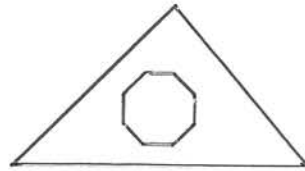
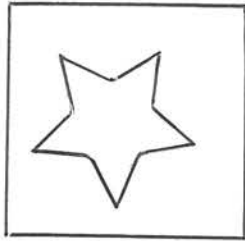
Shade in the green cross with your dominant hand.

Make a rough sketch of the Pharmacy symbol with your non dominant hand.

Shade in the green cross with your non dominant hand.

Session 35

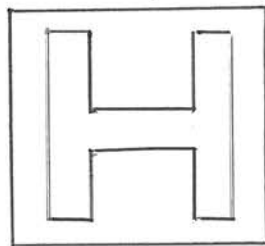
Make rough sketches of these diagrams with your dominant hand:



Shade in the middle shapes with your dominant hand.

Repeat the exercise using your non dominant hand.

Make a rough sketch of this hospital sign with your dominant hand:



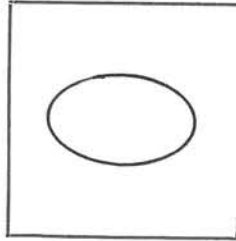
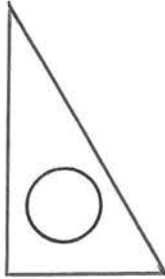
Using your dominant hand shade in the hospital sign in blue leaving the letter H white

Make a rough sketch of the hospital sign with your non dominant hand.

Using your non dominant hand shade in the hospital sign in blue leaving the letter H white.

Session 36

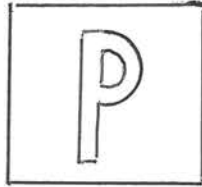
Make a rough sketch of these diagrams using your dominant hand:



Shade in the shapes in the middle with your dominant hand.

Repeat the exercise using your non dominant hand.

Make a sketch of this car parking sign with your dominant hand:



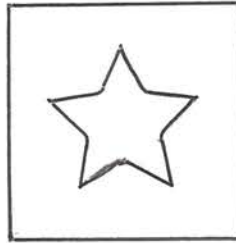
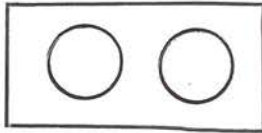
Using your dominant hand shade in the parking sign blue leaving the letter P white.

Make a rough sketch of the parking sign with your non dominant hand.

Using your non dominant hand, shade in the parking sign blue leaving the letter P white.

Session 37

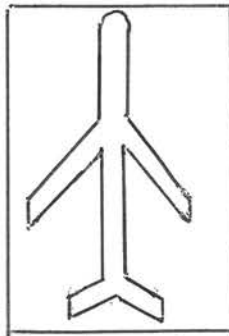
Make rough sketches of these diagrams using your dominant hand:



Shade in the middle shapes using your dominant hand.

Repeat the exercise using your non dominant hand.

Make a rough sketch of this airport sign using your dominant hand:



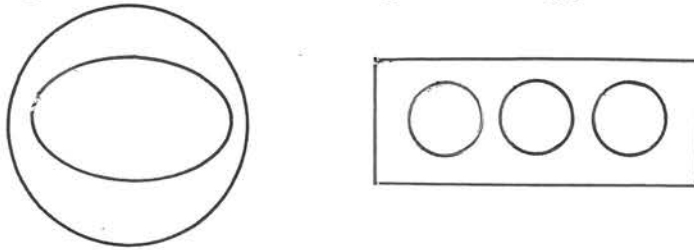
Use your dominant hand to colour in the sign green leaving the aeroplane symbol white.

Make a rough sketch of the airport sign using your non dominant hand.

Use your non dominant hand to colour in the airport sign green leaving the aeroplane symbol white

Session 38

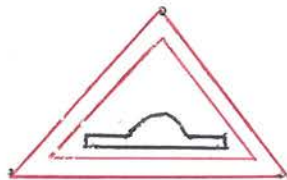
Make rough sketches of these diagrams using your dominant hand:



Use your dominant hand to shade in the middle shapes.

Repeat the exercise using your non dominant hand.

Use your dominant hand to make a rough sketch of this road sign:



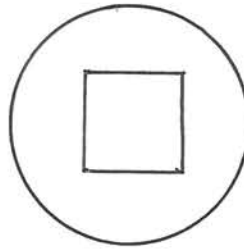
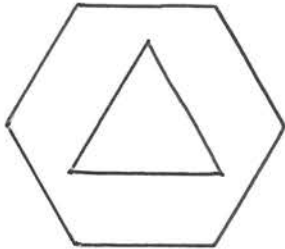
Use your dominant hand to shade in the triangle red and the road bump black.

Use your non dominant hand to make a rough sketch of the road sign.

Use your non dominant hand to colour in the triangle red and the road bump black.

Session 39

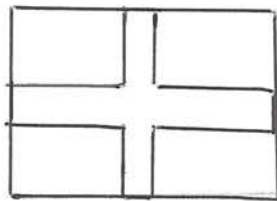
Use your dominant hand to make rough sketches of these diagrams:



Use your dominant hand to shade in the middle shapes.

Repeat the exercise using your non dominant hand.

Use your dominant hand to make a rough sketch of this flag:



Use your dominant hand to colour in the cross red leaving the rest white.

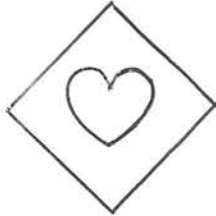
Use your non dominant hand to make a rough sketch of the flag.

Use your non dominant hand to colour in the cross red leaving the rest white.

The flag belongs to which country?

Session 40

Use your dominant hand to make rough sketches of these diagrams:



Use your dominant hand to shade in the middle shapes.

Repeat the exercise using your non dominant hand.

Use your dominant hand to draw these two stick men:



Use your non dominant hand to draw the two stick men.

Reminders

Attempting Neurobic exercises stimulate the brain

Attempting Neurobic excises helps to prevent memory loss

Using your non dominant hand to exercise or to do daily tasks challenges your brain

Your brain likes a challenge

Your brain matters - Use it or lose it!

Neurobic art or 'Non Dom' designs

The next few pages are devoted to what we can describe as Neurobic art and design. Just for fun, the author has called the Neurobic art 'Non Dom Designs'!

You will have the opportunity to create Neurobic designs using the diagrams already drawn for you on the next pages.

Although they pose a challenge, try slowly and carefully to make sketches of them using your non dominant hand.

Don't forget the brain loves a challenge!

If this proves difficult you can photocopy or even trace just the outside line of the diagrams and then, using your non dominant hand, shade in the shapes in the middle of the diagram. You can use felt tipped pens or coloured pencils or even paint to create attractive coloured designs.

It is suggested attempting one design at a time for each session.

IT IS IMPORTANT THAT YOU USE YOUR NON DOMINANT HAND TO DRAW AND COLOUR IN THE SHAPES IN THE MIDDLE OF THE DIAGRAM!!

Don't forget you want to challenge your brain and you must use your non dominant hand as often as possible!

The first diagram on Page 59 is coloured in as an example but you may wish to use your own colours to create an attractive 'Non Dom design' of your own.

As shown in this first example on page 59, you can add coloured straight lines, jagged lines or any other lines underneath or by the side of the shapes in the middle of the diagram. Any additions like this will make your 'Non Dom designs' more attractive. Just think, you can use your imagination to create your own masterpiece and have fun at the same time. Your brain will be pleased!

You can also create your own 'Non Dom designs' using stencils, pens, pencils and paper.

If you wish you can amalgamate, for example, two or more of the designs into a display on a large piece of paper with the title 'My Non Dom Design'.

