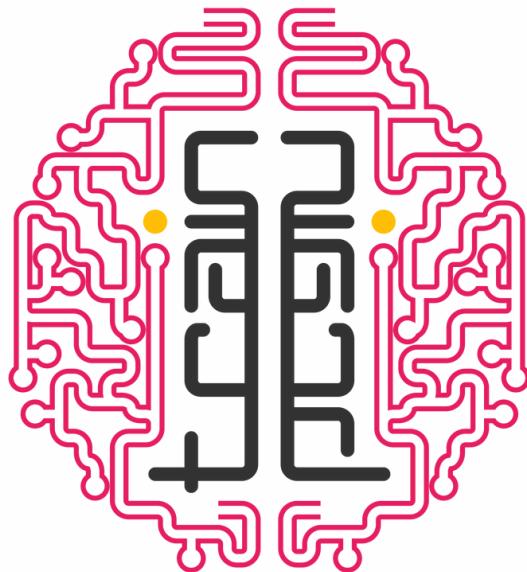


# BOOKLET

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# TRAIN BRAIN



INSTITUTE OF YOUTH POWER

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Think. Play. Grow.



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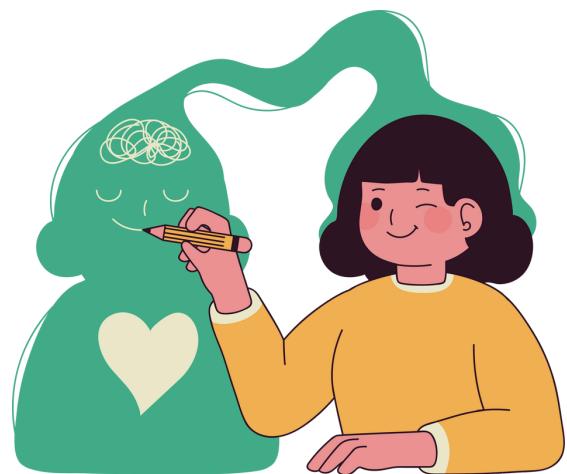


# Train Brain

## Booklet

This booklet is a guide to training the brain and nurturing mental well-being.

It is designed as a creative and interactive resource, where each page offers a different game or activity aimed at strengthening cognitive skills, improving focus and memory, and supporting emotional balance.



Through play, curiosity, and reflection, this booklet encourages readers to take a moment for themselves, challenge their minds, and develop healthier mental habits in an enjoyable and accessible way.

# The memory game



**Goal:** Improve working memory, focus, and concentration.



**Materials:** Random objects, tray or table, cloth, paper, pencil, timer.



## How to Play?

### Round 1 – What's Missing?

Look at the objects for 10 seconds. One object is removed. Can you guess which one?

### Round 2 – Say It Out Loud

Study a new set of objects for 30 seconds. The table is covered. Name as many objects as you remember.

### Round 3 – Write It Down

Study 30 objects for 30 seconds. The tray is removed. Write down as many objects as you can remember in 1 minute.

### Round 4 – Distraction Challenge

Study the tray for 30 seconds. Answer random questions for 30 seconds, then write down everything you remember.



## Why play?

This game trains working memory, focus, and resistance to distractions.

# Chain Game



**Goal:** Improve auditory memory, attention, and sequencing skills.



**Materials:** None.



## How to Play?

1. Players stand in a circle.
2. The facilitator starts by saying:
3. “I went to the store and bought...” and adds one item.
4. The next player repeats the sentence and adds a new item to the list.
5. Each player must repeat all previous items in the correct order and add one more.
6. When someone forgets an item or the order, the round ends and a new one begins.



## Why play?

This game strengthens auditory memory, concentration, and listening skills.

# Telephone



**Goal:** Improve listening skills, attention, and short-term memory.



**Materials:** None.



## How to Play?

1. Players sit in a circle.
2. One player thinks of a short phrase and whispers it to the person next to them.
3. Each player whispers the message they heard to the next person.
4. The last player says the phrase out loud.
5. Compare the final phrase with the original one.



## Why play?

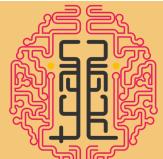
This game highlights the importance of careful listening, focus, and clear communication—while creating lots of fun and laughter.



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# Your attitude determines your altitude



**Goal:** Build self-esteem, self-confidence, and awareness of positive attitudes and emotions.



**Materials:** Paper, markers, wall space.



## How to Play?

1. Divide participants into groups of 5.
2. Each group creates a poster showing positive attitudes and feelings, using all letters of the English alphabet.
3. Share the posters and display them on the wall.
4. Next, each participant individually writes 5 positive attitudes they see in themselves.
5. Anyone who feels comfortable may share their answers with the group.



## Why play?

This activity helps participants recognize positive qualities in themselves and others, encourages self-reflection, and strengthens self-confidence and emotional well-being.

# Connecting mind and body



**Goal:** Improve brain-body connection, focus, coordination, and emotional regulation.



**Materials:** None (open space recommended).



## How to Play?

1. Stand in a comfortable position with enough space to move.
2. Use hands and legs at the same time, performing different movements with each.
3. Follow the facilitator's instructions or try changing movements on your own.
4. Focus on coordinating your body, attention, and breathing throughout the exercise.



## Why play?

Movement-based neuro exercises strengthen the connection between body and brain, improve attention, and help regulate emotions through physical awareness.

# Fractals



**Goal:** Develop creativity, self-awareness, and emotional balance.



**Materials:** Paper, pencils, colors.



## How to Play?

1. An art teacher explains fractal drawing and demonstrates the process.
2. Participants draw with closed eyes, creating forms filled with smaller shapes.
3. Once finished, color the fields spontaneously with eyes open.
4. After coloring, discuss each drawing with the teacher to explore personal insights.



## Why play?

Fractal drawing helps participants access subconscious thoughts, reflect on life goals, and enhance creativity and personal growth.

This booklet was created by the participants of the Train Brain youth exchange.

The main activity brought together 24 young people aged 18 to 24 from Croatia, Serbia, Hungary, and Spain, who collaborated, learned, and shared ideas focused on brain development and mental well-being.



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