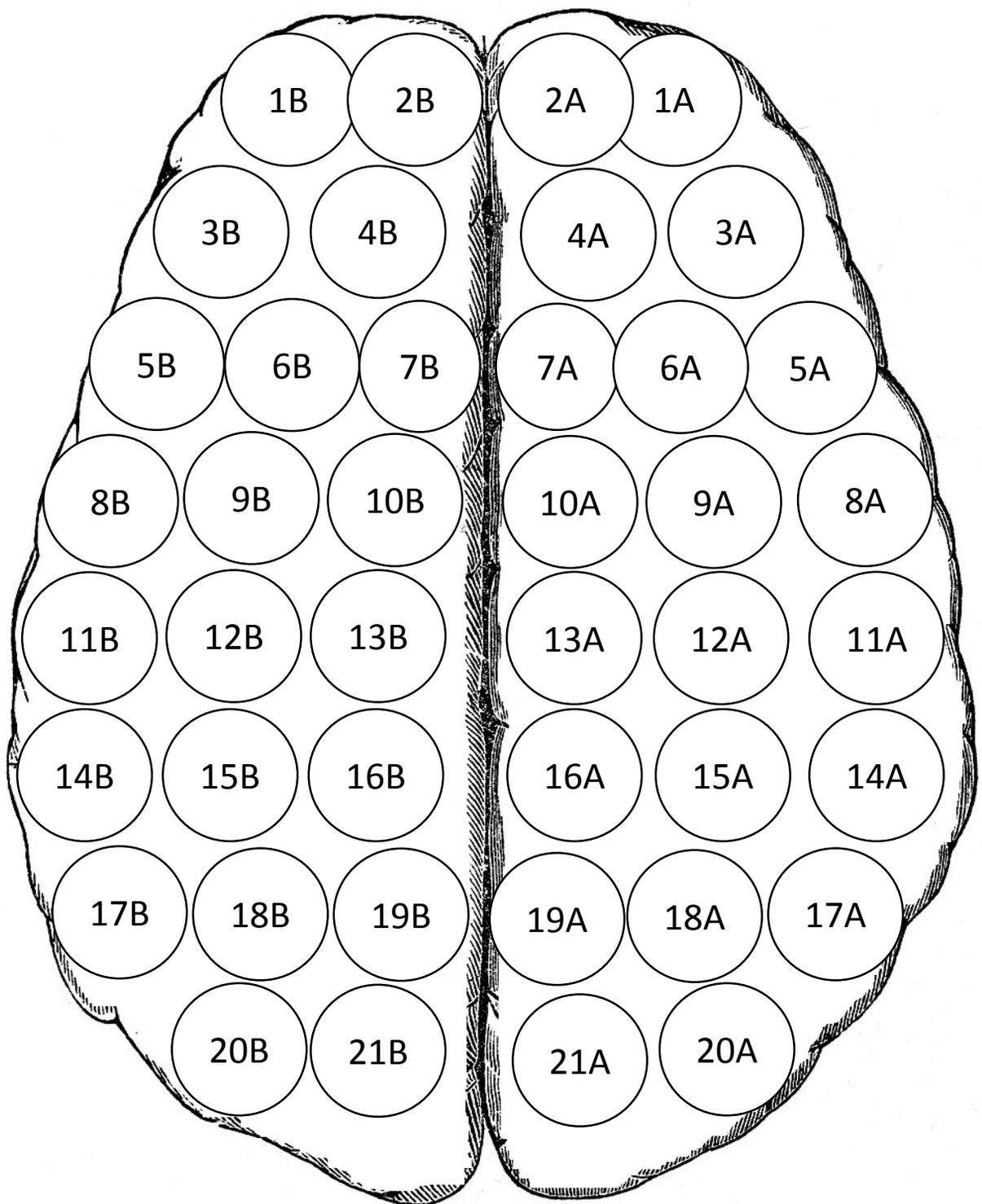


# Are You a Left- or Right-Brain Thinker?

Take this quiz to learn how your mind influences your learning style and techniques for strengthening both hemispheres of your brain!



# **Left Brain or Right Brain? Survey**

**Have you ever wondered why some people seem to be natural artists or mathematicians?**

**It may be because these people tend to think more with the left or right side of their brain.**

**Let's take a survey to find out which side of the brain you tend to use more!**

**Color in the best answer to each question on the sheet with the brain on it.**

**If you're having trouble deciding, think about what you would do if you were tired and stressed. When you are tired and stressed, your most natural reaction usually comes out.**

Choose the one sentence that  
is more true.

**1A** ) I struggle with memorizing  
and recalling facts.

**1B** ) I memorize and recall facts  
easily.

**2A** ) I like to be spontaneous and  
I don't often plan ahead.

**2B** ) I like to have a plan for my  
day and my future.

**3A** ) I talk myself through  
something new or confusing.

**3B** ) I like to try to figure out  
something new or confusing in my  
head.

Choose the one sentence that is more true.

**4A** ) Sometimes I act on impulse, without thinking too much about consequences.

**4B** ) I often think about rules and consequences before I act or speak.

**5A** ) I struggle with showing all my work in school.

**5B** ) I can usually show my thought process on paper.

**6A** ) I like to read and work in non-traditional places, like the floor or standing up.

**6B** ) I like to have a certain place for learning, such as a chair or desk.

**Choose the one sentence that is more true.**

**7A ) I like hands-on, interactive projects.**

**7B ) I like worksheets, textbooks, and workbooks for learning.**

**8A ) When faced with a challenging situation, I usually come up with creative or unusual solutions.**

**8B ) I tend to seek advice or follow the rules when faced with a challenging situation.**

**9A ) I prefer pictures, charts, and graphs to written words.**

**9B ) I prefer words to pictures, charts, and graphs.**

Choose the one sentence that  
is more true.

**10A** ) I usually act on my feelings.

**10B** ) I have good self-discipline.

**11A** ) I don't think about the time  
when I'm working or playing.

**11B** ) I plan time for doing most  
of the activities in my life.

**12A** ) I prefer fantasy-based and/or  
mystery books over nonfiction.

**12B** ) I prefer nonfiction over  
fiction and fantasy.

Choose the one sentence that  
is more true.

**13A** ) I like to doodle while I work,  
or I enjoy drawing or coloring.

**13B** ) I like to focus on the  
assignment and get it done.

**14A** ) I tend to skip over directions  
and immediately “jump in” to  
assigned work.

**14B** ) I need to read directions  
before starting something new.

**15A** ) I work well with noise,  
music, or activity in the  
background.

**15B** ) I work better when it's quiet.

Choose the one sentence that  
is more true.

**16A** ) I have a good sense of  
rhythm or an aptitude for music.

**16B** ) I have good number sense.

**17A** ) I have a good sense of  
direction, and I can read maps  
well.

**17B** ) I need navigation systems to  
help me find somewhere I've never  
been.

**18A** ) Where I keep things depends  
on what I'm doing.

**18B** ) I keep everything in a  
particular place.

Choose the one sentence that  
is more true.

**19A** ) I tend to procrastinate, and  
wait until the last minute.

**19B** ) I like to get assignments  
done right away.

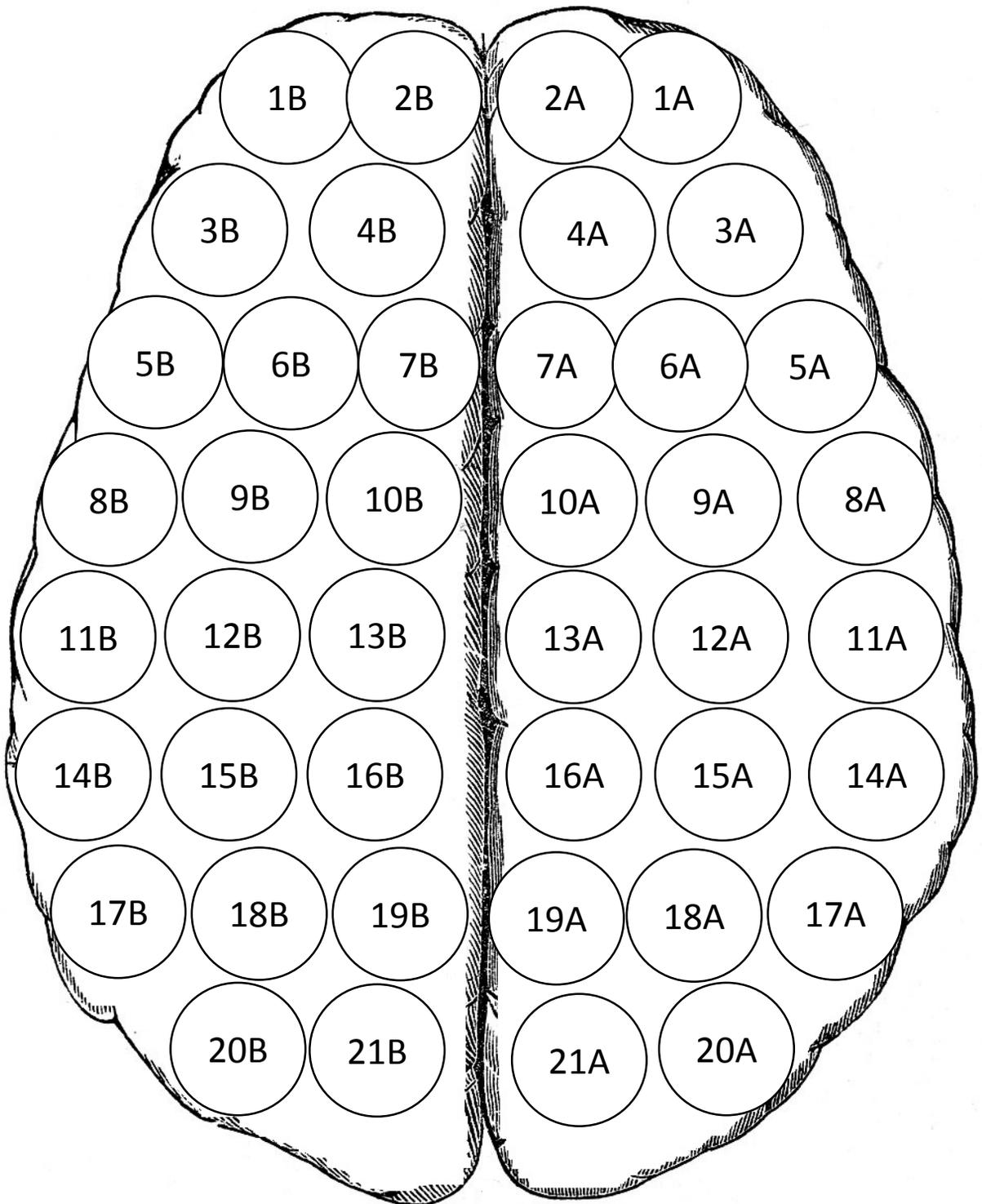
**20A** ) I struggle to keep my locker  
and room at home organized.

**20B** ) I keep my locker and room  
at home organized.

**21A** ) I learn better by  
demonstration (seeing and doing)  
than explanation/lecture (hearing).

**21B** ) I learn better by  
explanation/lecture (hearing) than  
demonstration (seeing and doing).

**Color in the answer to each question as you answer it.**



# What to do with your Left/Right Brain Survey Results

- **After students have colored in the answers to the questions, have them try to identify a pattern.**
- **Some students will have more of the left side colored in (answers with B) indicating they have a tendency toward left-brain thinking. If they have more of the right side colored in, they have a tendency toward right-brain thinking. Tell them you will discuss more what each of those mean later.**
- **Tell them that all extremely successful people tend to be a balanced mix between the two types of thinking. For example, Einstein was both able to think creatively “outside the box” (right brain) and to look at things mathematically/analytically (left brain).**
- **Use the following posters to explain how stepping outside their comfort zone will increase “communication” between the two brain hemispheres.**

**How to Strengthen Your Left Hemisphere: Activities That Require Analysis, Step-by-Step Processing, and Reading/Writing Skills**

**Brain Teasers  
Crossword Puzzles  
Spelling Activities  
Math Activities**

## **Benefits of Strengthening the Left Hemisphere**

- **Greater ability to solve real-world problems**
- **Better mood/More positive**
- **Greater ability and enjoyment of reading and writing**
- **Ability to think logically, rather than emotionally**
- **Greater mathematical ability**
- **Greater ability to understand and reason with others**

**How to Strengthen Your Right Hemisphere: Activities That Require Concentration, Creativity, and Seeing the “Big Picture”**

**Dance**

**Paint**

**Draw**

**Sing/Memorize Songs**

**Play an instrument**

**Play strategy games**

**Study maps and charts**

**Acting/Drama**

**Play Speed Chess**

**Jigsaw Puzzles**

**“Measure” items in your head**

**(Spatial Ability)**

## **Benefits of Strengthening the Right Hemisphere**

- **Have more empathy and sympathy for others**
- **Express your emotions more clearly and positively**
- **More creativity**
- **Better ability to “go with your gut” and intuition when making decisions**
- **More enjoyment of the Arts**
- **Ability to see the “big picture” instead of getting confused with the details**

## How to Strengthen Both Hemispheres at the same time

- **Play Chess**
- **Plan out and Paint a Picture**
- **Use a Map to Memorize Directions, and Then Go There by Memory**
- **Measure the furniture in your living room and then draw it out on graph paper**