

## The peds-Braintrainer 5

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### Is braintraining valuable? The answer is definitely "yes", but.....

- A vast lot of exercises and games, labelled with "brainjogging" or "braintraing" is available in the Web. The hype was caused by "Dr. Kawashima's" on Nintendo and everybody will participate. It's difficult to distinguish from serious developments
- But you can recognise the difference by two criteria: Accompanying descriptions and explanations are in nearly every case missing and even if the games are exciting, they are boring after a short time, because you have found out how to make it
- There are scientific studies which say that braintraining has no effect and studies claiming the opposite. The real success of braintraining is yet not measurable in a scientific sense. There is no measurement paramter for human intelligence. The measured values are completely different for one person, depending on specific test or even current condition of tested person.
- We prefer to trust on our customers testimonies, telling us, that they memorize better, concentrate better, have got an increased attentiveness of there environment and simply feel better.  
This perception may be subjectively but it is more pertinent than every sophisticated study with wrong constraints.
- Our exercises are developed based on strict and actual scientific knowledge in neurology and psychiatry. They focus on everyday mental activities like memory retention, perception, reaction, fine motor skills, time and space awareness and the feeling for figures. They train the visual and aural sense and the hand-eye-coordination. And they encourage the sporting ambition.
- Take a few minutes a day consistently and you will feel the positive effect. This shows our 10 years experience with people of every age and profession.

### An indication for our business partners:

The peds-Braintrainer is open in design and combination of exercises. It is multilingual (german, english, french, spanish, italian, portugese and danish versions are already successfully implemented in older versions. All other languages can be implemented only by translating of text files).

With this the peds-Braintraniner is an optimal instrument to use in companies for **health care** and **education** support or as a booster in **advertising media**.

Please feel free to contact peds@peds.de for a tentative offer.

## If you never had used the peds-Braintrainer before please read:

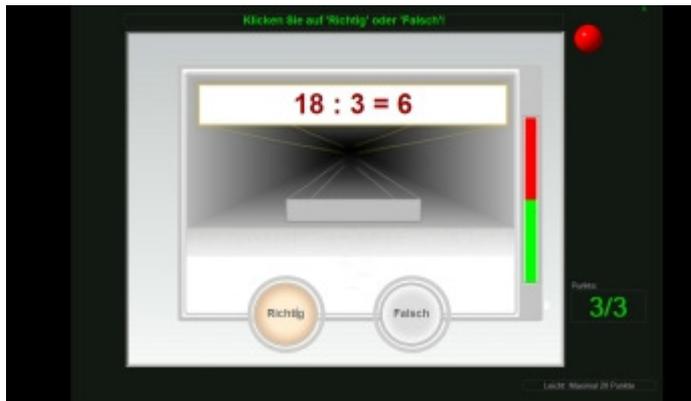
- The Braintrainer consists of 30 different exercises in the categories memory, perception, reaction, fine motor skills, time and space awareness and numbers.
- A detailed description of each exercise can be found at the starting page of every exercise. Please move to **more Info** to get background information
- Your next step to do in any case is written with **green ink** in the instruction field (on bottom at the general pages and on top at the exercises). So you normally should never get lost.
- You can train single exercises as you like or carry out a training program for the different categories. One training program consists of 5 exercises.
- In each exercise you can select one of three difficulties before you start. This can be a matter of your own strategy when you carry out a program. Maybe you feel, that you can get more points by selecting an easier degree of difficulty. Try out. Each exercise, if played in single exercise mode has an option to try it without getting points. This is mainly to get familiar with the "how to play".
- With respect to the degree of difficulty there are maximum points to achieve. It are 20 for easy, 25 for medium and 30 for difficult. That means that the maximum number of points you can get in a training program is 150 (5 x 30)
- There are a lot of virtual awards you can win. For the single exercises there are gems, for the programs there are medals (bronze, silver and gold). If you have reached a number of good results you also can earn worthwhile (virtual) gems with the exercises (a sapphire, a ruby or a diamond)
- Each exercise and each training program contains its own statistics in which you can see your maximum result at time, your average result, the number of trainings you have carried out and the division of your results in 6 classes (poor, medium, good and gems)

Any help you need can be asked via email: [peds@peds.de](mailto:peds@peds.de) without any costs.

In the following pages you will find the descriptions of the demo exercises.

**Category:** Figures

**Exercise:** Right or wrong



### Way of playing:

You will see a number of simple mathematical equations. You have to decide as fast as possible, if it is correct or not. To be real fast you should not calculate in any case. Very often a quick estimation or plausibility check is enough.

### Handling:

Due to the level of difficulty you will see 20, 25 or 30 simple equations. click on 'Right' or 'wrong'. If you fail, quit with 'ok'.

### Time:

During this exercise you are under strong time pressure. The bar must not be totally red.

### Evaluation:

For every correct click you get 1 point, minus 1 point if you fail. In any case you will get full score if you achieve that the bar is completely green.

### Background of that exercise:

Fast mental arithmetics has gone out of style with all the electronic equipment surrounding us. Our brain doesn't like this lack of activity.

And this exercise comprises a further aspect. To meet the time constraints it is necessary to see 'at one glance' if the equation is correct. It can be the order of magnitude or the last digit or something else. The challenge is to make a quick and intelligent decision.

Try this exercise also with your other hand, because it is additionally a task for fine motor skills.

**Category:** Memory  
**Exercise:** The shelf



**Way of playing:**

You bring order in your items by putting them into the shelf. You have to remember where they are.

**Handling:**

You pick up an item with a click and put it into a cubbyhole by clicking again at the selected place.

**Time:**

No time restriction.

**Evaluation:**

For every hit you will get 4 points (3 in difficult degree). If you fail, you loose 2 points every time.

**Background of that exercise:**

This exercise challenges your picture and names memory and your space awareness as well.

The kick is, that you have done it by yourself as in real life. To make this exercise not simple, some cubbies are already filled with other items

The difference between the degrees of difficulty is in the number of items. The average memory can keep 7 items maximum. The 10 items in the difficult mode are a real challenge.

**Category:** Fine motor skills

**Exercise:** Magnetic ball



### Way of playing:

A ferric ball in a box will be moved by the repellent forces of the magnets. By controlling the magnets you should hold the ball in abeyance.

### Handling:

Move the mousepointer within the box. Due to the position of the pointer the electrical magnets will be stronger or weaker.

### Time:

You should sustain 1 minute without touching the borders of the box. The clock only counts, if the ball is free from the box walls.

### Evaluation:

For every touch of the borders 1 point will subtracted.

### Background of that exercise:

Surely this is an amusing game, but there is indeed a serious reason to use it for braintraining

It is not only the physical experience, but above all the precise hand-eye-coordination. It is not easy, because the effect is seemingly inconsistent

Particularly with the higher degrees, where the impact of mouse movement is intensified, it is a real challenge to keep cool and make smooth movements with the mouse

Try this also with your other hand!

**Category:** Memory

**Exercise:** Colors



**Way of playing:**

A picture with random shape and colors will be displayed for some seconds. Your task is to copy the picture.

**Handling:**

When the left picture distinguishes, put a color from the paintbox with a click and 'paint' the picture with a click in the selected field.

**Time:**

Time does not play any role in that exercise.

**Evaluation:**

For each correct color you will get 1 point.

**Background of that exercise:**

With this exercise you will train your short time memory and especially memorise colors.

It looks quite simple at first glance. But you will soon recognize, that it isn't as easy to get colors in mind without a defining shape (there are only rectangles in that game). If you spontaneously have names for the colors than it works quite easy. But because of the increasing slighter differences of colors in the laps it will get more and more difficult

People with a distinctive picture memory have an advantage. Commonly the memory of forms is better developed than that of colors. Hence you can train here this relatively weak ability of the brain.

**Category:** Memory  
**Exercise:** Chimp test



**Way of playing:**

For only some seconds you will see digits in random places. You have to keep in mind, where the digits had been. With every lap the numbers of digits increase.

**Handling:**

When the digits have disappeared, click the places of the digits in the right order, starting with "1".

**Time:**

The needed time doesn't play any role.

**Evaluation:**

For every correct digit you will get 1 point. If you fail, the next display will emerge (this decreases the maximum possible points).

**Background of that exercise:**

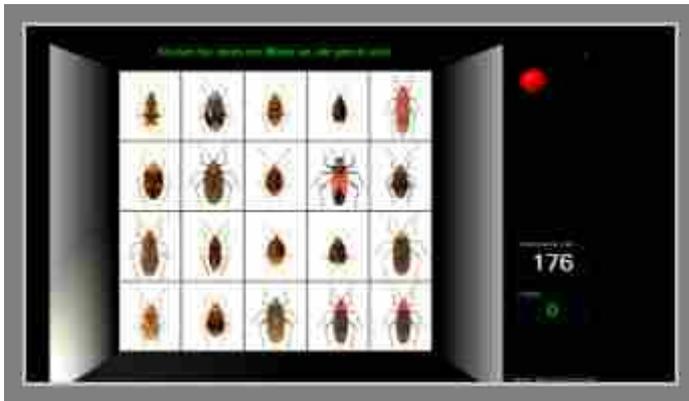
The remarkable fact of this exercise is, that some trained chimpanzees do it better than humans. Not only that they keep the places in mind, but also they are able to recognise and memorise the ascending series of digits. Furthermore they need less time to keep the whole picture in mind. Less than 1 second is already enough for them.

If you were under the chimp's conditions, you would not be able to solve this test. Probably the chimps are better, because quick perception of environment is substantially to survive. But this does not explain the ability to learn the ascending sense of numbers. Without a very high organised and flexible brain it won't work

For us this exercise is very useful, because it trains the memory for figures and space as well. With the higher degrees of difficulty the length of series exceeds the "magical 7" known as the average maximum span of short time memory of humans.

**Category:** Perception

**Exercise:** Two are same



**Way of playing:**

The computer selects a random series of pictures from different sources. Only one picture occurs two times. This has to be detected.

**Handling:**

Click the only picture which is displayed two times.

**Time:**

For every degree of difficulty there is a specific time allowance.

**Evaluation:**

For each correct selection you will get 2 points in easy degree and 3 points in the higher degrees. A mistake results in 1 point minus.

**Background of that exercise:**

This exercise is targeted at the visual perception. The difficulty is, that you certainly don't know the picture which is twice.. You have to recognize quickly which the distinctive features are and keep them in mind during watching the other pictures

With the given time pressure this is far from being easy. With the higher degree of difficulty the pictures are more abstract with manifold criteria. The last series has got 8(!) different dimensions to distinguish

Don't become desperate with this exercise. It is really very challenging but it is one of the most sophisticated and effective methods to train your brain's perception ability.