

Equipping Minds to Reach Their Full Potential With Games



Dr. Carol T. Brown Ed.D

Meet the Author

Dr. Carol Brown, Executive Director and Educational Specialist of Equipping Minds, has been working with children and families who have struggled academically and psychologically since 1981. She received her BA in Rehabilitation Counseling from Marshall University, MA in Social Services from Southwestern Baptist Theological Seminary, and Doctor of Education (Ed.D) in Educational Leadership from the Southern Baptist Theological Seminary. She sought additional training in cognitive development therapy, primitive reflex therapy, sound therapy, vision therapy, nutritional therapy, and vestibular therapy and combines these in her multi-disciplinary therapy program. Carol is licensed and certified as an FIE Mediator by the Feuerstein Institute for the Enhancement of Learning Potential.

She has seen personally how the brain can be changed. In 1992 her son, Clayton, would need all of these interventions. Clayton and her students were, and continue to be, her greatest teachers. In 2009, Carol and her husband, Kyle, stepped out of private school administration and teaching to form Equipping Minds, formerly The Academic Success Center of Kentucky, which provides individualized programs for students and adults. Their primary mission is to work with children and adults to help them overcome learning, emotional, and social challenges by equipping their minds to reach the full potential God has for them. Equipping Minds now serves individuals of all ages with a broad range of abilities, from the gifted, to those with Down syndrome, Autism spectrum disorders, traumatic brain injuries, anxiety, memory loss, and developmental delays in school and in the workplace. Equipping Minds Cognitive Development Curriculum is being used across the United States and internationally. It is also being used in research studies with individuals with neurodevelopmental disorders.

Since 1981, Carol has experience as a head of school, principal, teacher, cognitive developmental therapist, social worker, reading and learning specialist, speaker, and consultant. She has served schools in North Carolina, Georgia, Northern Virginia, and Lyon, France. She is a contributing author in the book, *Neuroscience and Christian Formation, and Human Development: Equipping Minds with Cognitive Development (2018)*. Carol trains public, private, and homeschool educators and has conducted professional development workshops for Kentucky Association of School Councils (KASC), Toyota, University of Kentucky College of Medicine, Kentucky Parks and Recreation, Kentucky Department of Vocational Rehabilitation, Society of Professors in Christian Education (SPCE), National Alliance on Mental Illness (NAMI), SHARE an international educational conference, and civic organizations.

Carol and Kyle live in Frankfort, Kentucky and have three adult children.

Please contact Carol at cbrown@equippingminds.com for training workshops and online cognitive therapy for you and/or your children.

Brain Training Games ACTIVITY	WHAT YOU'LL NEED Sheet protector and dry erase marker for pages	Date	Date	Date	Date	Date
<u>Let's Match/Extreme Memory</u> Match 2 items, then 3, 4, 5, 6 Next, cover items, "take a picture in your mind", and match what you saw. Place 12-18 cards face up and find the same number or shape. Then, turn 12-18 cards face down and find the same number or shape. Advanced: Memorize 1 card, add 2, 3, 4, and continue adding	Coins, cubes, Legos, letters, numbers Deck of cards					
<u>Tic-Tac-Toe</u> Play Tic-Tac-Toe using two boards on any of the different options. Numbers, letters, animals, presidents, design your own	Deck of Cards 1-(Ace)9 only					
<u>Sorting</u> Say the number on the card, then sort by number saying "2 on 2", Say the color, then sort by color saying "red on red", say the shape and sort by shape saying "diamond on diamond"	Deck of Cards 1-(Ace)9 only Can use any game with cards: Uno, Blink,					
<u>Taking Turns</u> Alternate every three cards saying "four, red, hearts"	Deck of Cards 1-5 & 1-9					
<u>"Blink" with Cards</u> Place 2 cards in the discard pile. Divide the deck. Each player has 5 cards. You can match number or shape. Say "two on two", "heart on heart"	Deck of Cards 1-9 Blink					
<u>Taking Turns with Numbers (+ and -)</u> Say what the number would be if you added 1, "4 would be 5" Then, say what the number would be if you subtracted 1. Then, alternate saying =, +, - You can + and - 2, 3, 4,...and multiply	Deck of Cards 1-9 1-5 & 1-9					
<u>Secret Code: Numbers 1-9 - Symbols</u> Go through each card saying what you do for the symbol: "Circle the 1, X the 2, Box the 3, underline the 4, line above 5, slash 6, C the 7, parenthesis the 8, midline 9" Add gradually	Deck of Cards 1 (Ace)-9 ONLY 1-5 & 1-9					
<u>Secret Code: Numbers 1-9 - Colors</u> Go through each card saying the color: "green on 1, blue on 2, red on 3, yellow on 4, black on 5, orange on 6, brown on 7, white on 8, purple on 9"	Deck of Cards 1 (Ace)-9 ONLY 1-5 & 1-9 Page					
<u>Secret Code: Numbers 1-9 - Animals</u> Go through each card saying the animal for each number: "bear is 1, fish is 2, snake is 3, elephant is 4, turtle is 5, horse is six, camel is 7, spider is 8, pig is 9" Add gradually	Deck of Cards Ace-9 ONLY Stroop Animals Page					
<u>Stroop Animals</u> Draw & say the symbol for 20 animals adding gradually. Say, "I see myself drawing a circle around the bear, box around the snake, x on the fish, triangle around the cat, line under the elephant, line above the turtle, smiley face on penguin's belly, nest under the bird, unicorn on horse, claws on tiger, web on spider, 3 eggs under chicken, bacon on pig, tree in front of giraffe, bucket under cow, hump on camel, lily pad under frog, stinger on bee, tall grass on zebra, waves on crab	Stroop Animal Page The symbols placed on animals correspond with the symbols on the number, colors, letters, and vowels					
<u>Secret Code: Numbers 1-9 - Presidents</u> Go through each card saying the president. "1-washing a ton-George Washington, 2-atoms-John Adams, *See chart Advanced: continuing learning all 45 presidents	Deck of Cards Ace-9 Pictures of Presidents 1-45					
<u>Secret Code: Numbers 1-9 & Letters</u> Go through each letter and say the number: A-1, B-2, C-3, D-4, E-5, F-6, G-7, H-8, I-9	Deck of Cards A-I Tic Tac Toe					
<u>Secret Code: Numbers 1-5 & Vowels</u> Go through each vowel & say the number, a- 1, e -2, i -3, o- 4, u- 5	Deck of Cards Vowel sheet					
<u>Secret Code: Numbers 1-9 – Taking Turns Advanced</u> Alternate every two cards: "8, black" (number, color) Then, alternate every three cards: "7, blue, bears"(number, color, animal) Alternate every four cards: "7, blue bears, James Monroe" Then five: "7, blue bears, James Monroe, box" Then six cards: "7, blue, bears, James Monroe, box, letter D or vowel"	Deck of Cards Ace-9 ONLY Number 1-5 Number 1-9 Colored arrows					

Stare Describe what you see following the ten categories: what, where quantity, quality, clothing, when, action, feeling, position relationships Recall the picture the next day. Tell a story about the picture.	Picture Cards "Ten Categories Chart"					
Spot It Describe 1 constant card "I see a green frog.." find the match to items on the constant card. Recall items on constant card. Next, describe 1 constant card and turn it over when playing.	Spot it Cards					
Picture It Place an item in a bag, feel it, describe it, draw it	Bag and objects around the house letters, numbers, cup					
Set Show & say the 2 solid cards, find 3rd. Student says what they see (one green solid diamond, one red solid oval) and then you will ask what number, color, and shape is needed. (one, purple, solid, squiggle) Qualities need to be all the same or all different. Set War Divide deck in half. Each person lays down a card and race to see who can say the card to complete the set.	Set Cards NY Times Set Puzzle					
I See You & Find It "I see you finding "2 red hearts", then I see you finding "5 black clubs and 7 red diamonds." What do you see yourself doing? Do it	Deck of Cards, Items around the house					
Finger Exercises Students count to 60 while tapping the tips of each fingers Practice shuffling cards						
Make a List List all of the animals you know in 1 minute. Categorize items.						

Numbers 1-9

1-5

Numbers	1(Ace)	2	3	4	5
Symbol	Circle	X	Box	Underline	Line over
Color	Green	Blue	Red	Yellow	Black
President	George Washington	John Adams	Thomas Jefferson	James Madison	James Monroe
Animal	Bear	Fish	Snake	Elephant	Turtle
Letter	A	B	C	D	E
Month	January	February	March	April	May
Vowel	a	e	i	o	u

6-9 Advanced

Numbers	6	7	8	9
Symbol	Backslash	"C"	Parenthesis	Midline
Color	Orange	Brown	White	Purple
President	John Quincy Adams	Andrew Jackson	Martin Van Buren	William Henry Harrison
Animal	Horse	Camel	Spider	Pig
Letter	F	G	H	I
Month	June	July	August	September

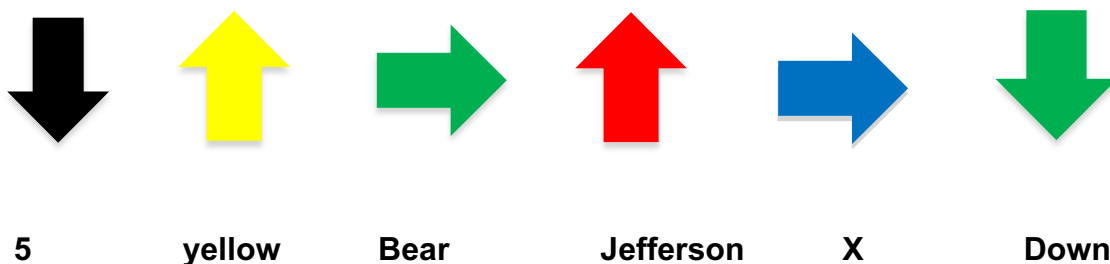
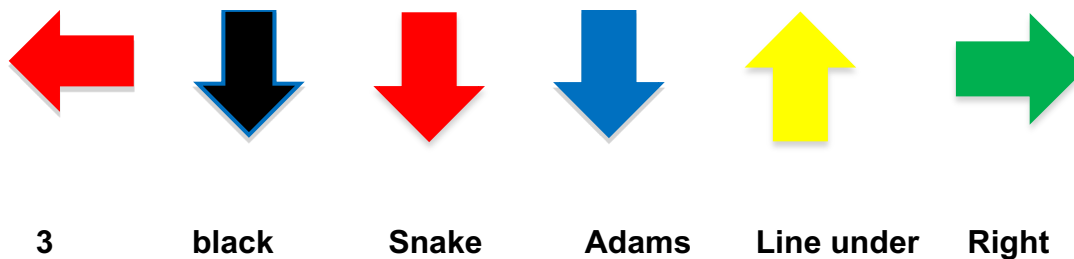
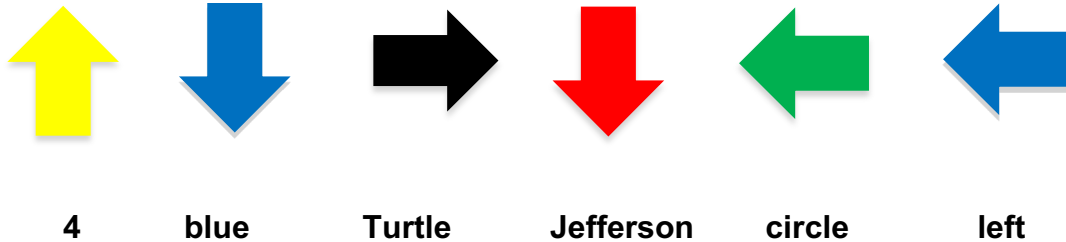
Presidents

Yo, Millard Fillmore! By Cleveland, Alvarez, and Nation

1. George Washington	Wash a ton		23. Benjamin Harrison	Hare's sons
2. John Adams	Atoms		24. Grover Cleveland	Cleaver land
3. Thomas Jefferson	Chef's son		25. William McKinley	Mc Kindling
4. James Madison	Mad sun		26. Theodore Roosevelt	Teddy's rose belt
5. James Monroe	Money row		27. William Howard Taft	Raft
6. John Quincy Adams	A dam		28. Woodrow Wilson	"Wilson" tennis ball
7. Andrew Jackson	Jacks		29. Warren G. Harding	Hard ding
8. Martin Van Buren	Van bureau		30. Calvin Coolidge	Cool edge
9. William Henry Harrison	Hairy van		31. Herbert Hoover	"Whooooo fur"
10. John Tyler	Tie lure		32. Franklin D. Roosevelt	Road belt
11. James K. Polk	Polka dots		33. Harry S. Truman	Tree man
12. Zachary Taylor	Tailor		34. Dwight D. Eisenhower	Eyes on tower
13. Millard Fillmore	Fill more		35. John F. Kennedy	Candy
14. Franklin Pierce	Pierced		36. Lyndon Johnson	Johnson & Johnson
15. James Buchanan	U-cannons		37. Richard Nixon	Nicks on
16. Abraham Lincoln	Lincoln log		38. Gerald Ford	Ford
17. Andrew Johnson	John's son		39. Jimmy Carter	Cart
18. Ulysses S. Grant	Great ants		40. Ronald Reagan	Ray guns
19. Rutherford B. Hayes	Haystack		41. George Bush	Bush
20. James Garfield	Cigar field		42. Bill Clinton	Clean ten
21. Chester A. Arthur	Author		43. George W. Bush	"W" bush
22. Grover Cleveland	Leaf land		44. Barack Obama	Oh Baa Ma!
			45. Donald J. Trump	Trumpet

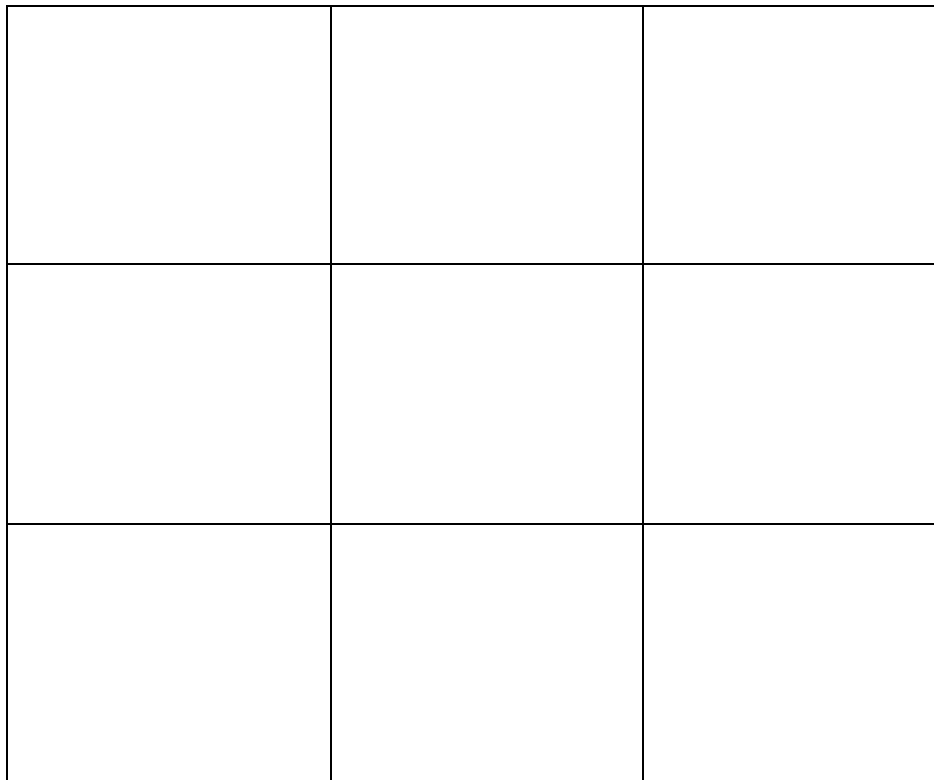
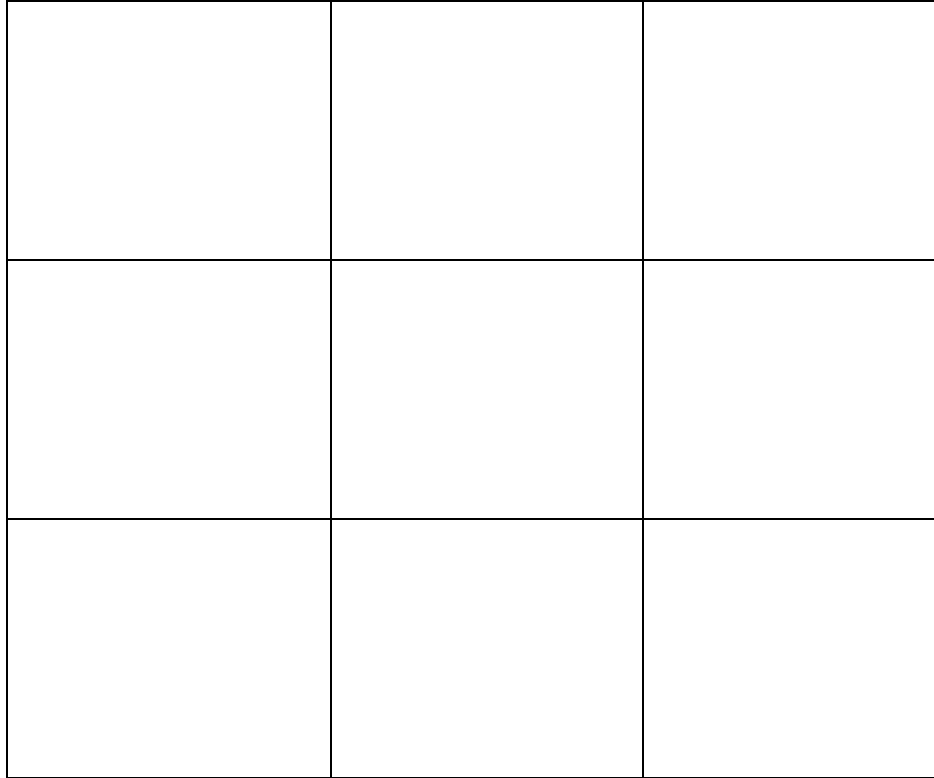
Figure 5. Brown Six N Back

Alternate saying the number, then color. Next, number, color, animal. Then, number, color, animal, president. Next, number, color, animal, president, symbol. **Example:** Say the number, color, animal, president, symbol, and direction. Use a page protector and dry erase marker say and mark the six items. Place a point at the tip of the arrow for the direction.



6-Grid Board Let's Match/Xtreme Memory

9-Grid Board

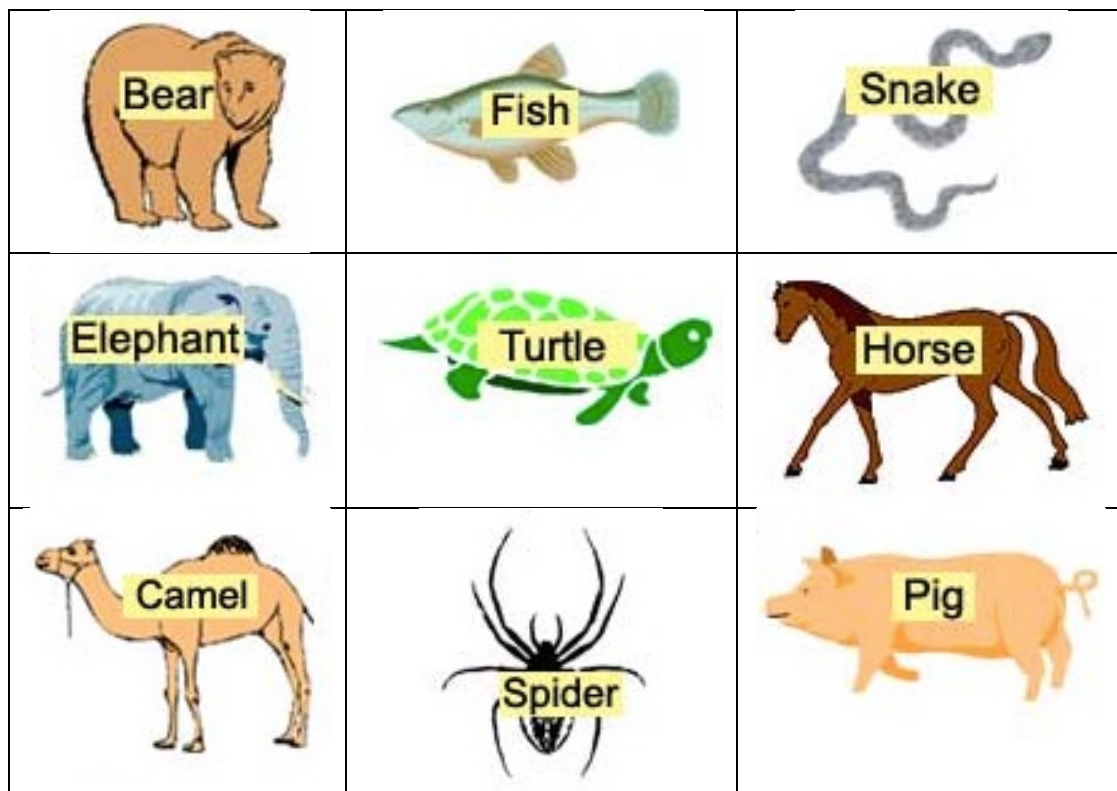
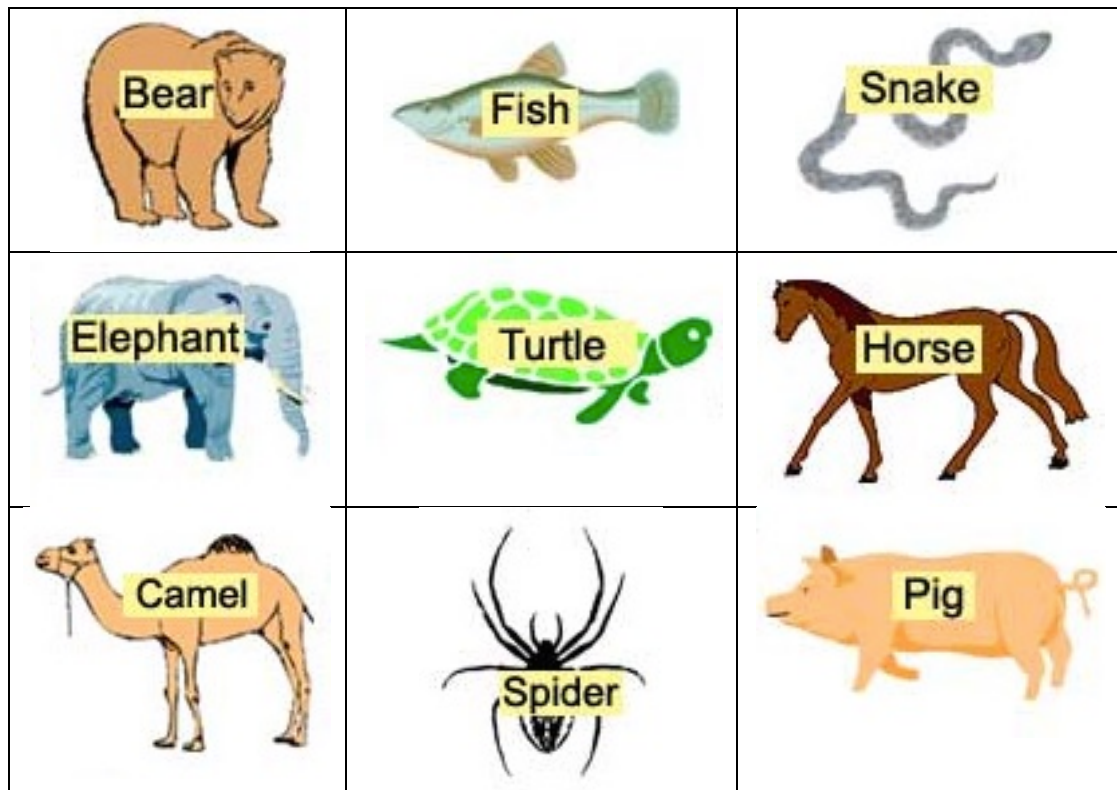


Tic Tac Toe – Letter Board

A	B	C
D	E	F
G	H	I

A	B	C
D	E	F
G	H	I

Tic Tac Toe – Animal Board

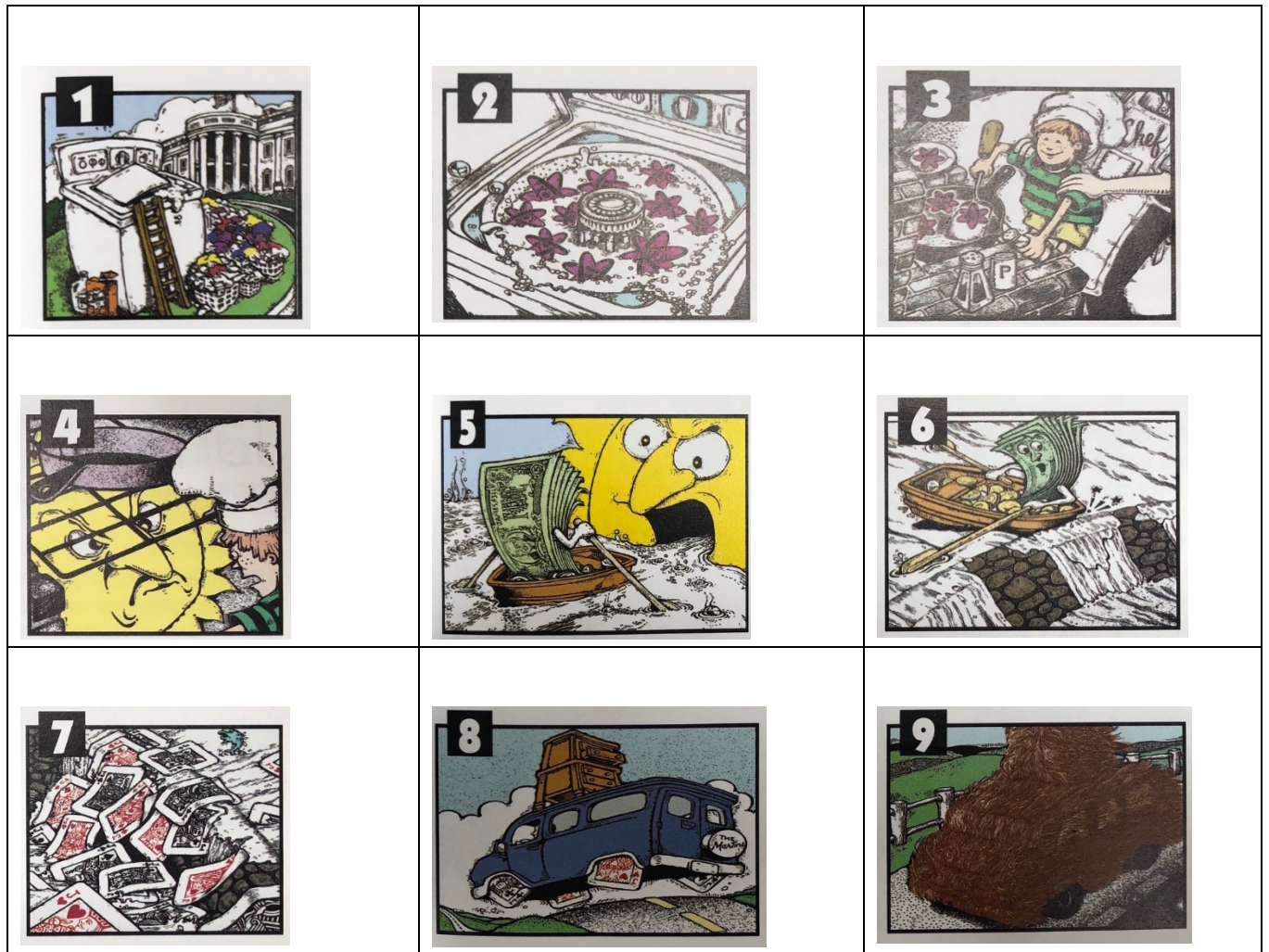


Tic Tac Toe – Number Board

1	2	3
4	5	6
7	8	9

1	2	3
4	5	6
7	8	9

Tic Tac Toe - President



Watch the “Yo, Millard Fillmore” video on youtube:

https://www.youtube.com/watch?v=L-p_CINFJwE

Purchase the book on Amazon.

Animal Set 1



Penguin



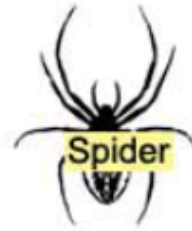
Giraffe



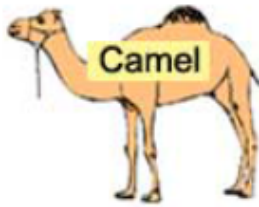
Bear



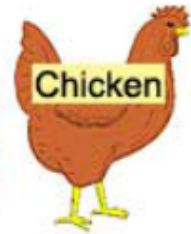
Bird



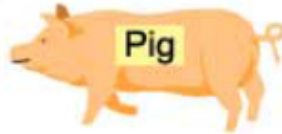
Spider



Camel



Chicken



Pig



Zebra



Snake



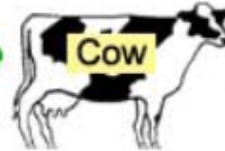
Tiger



Elephant



Turtle



Cow



Fish



Cat



Frog



Crab

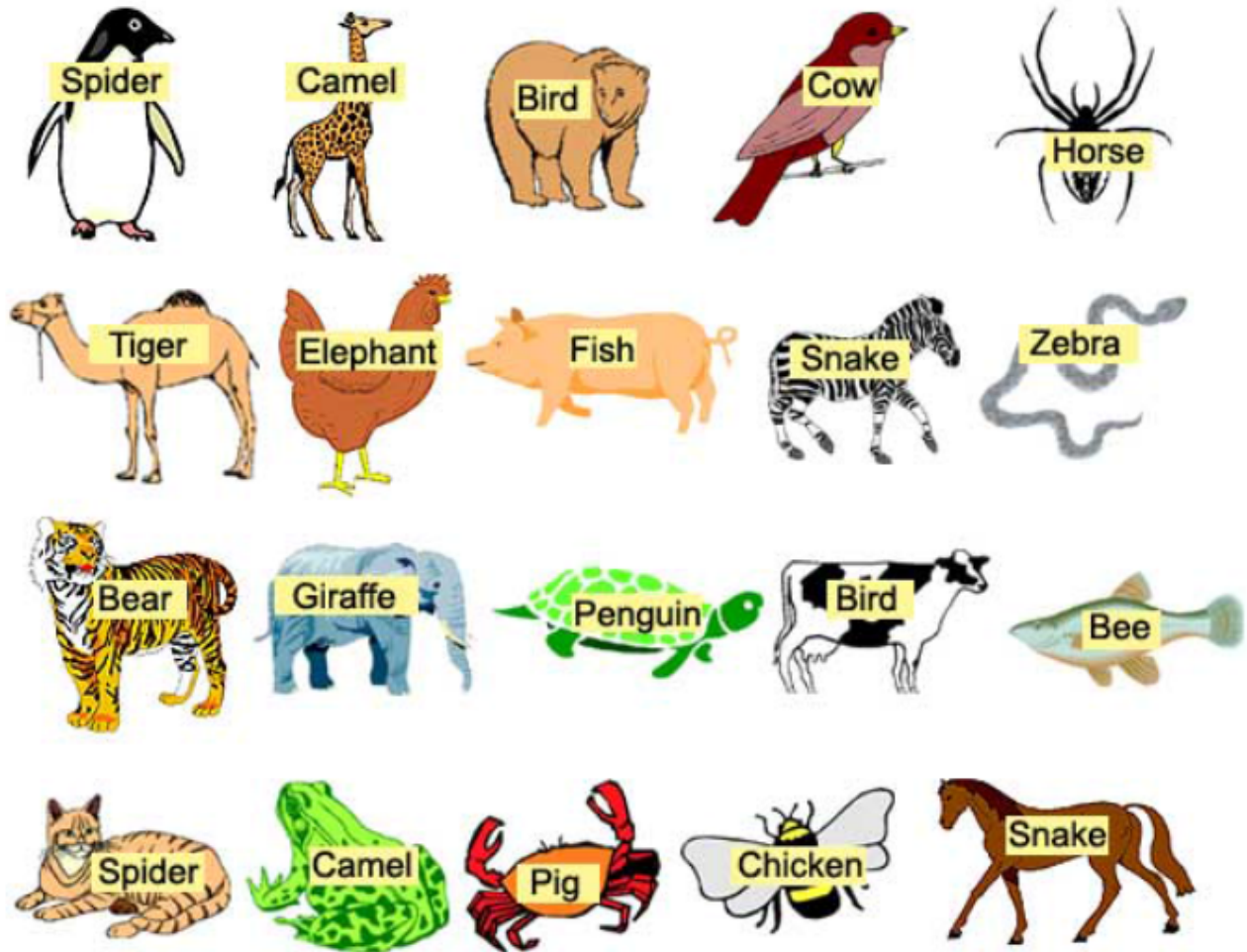


Bee

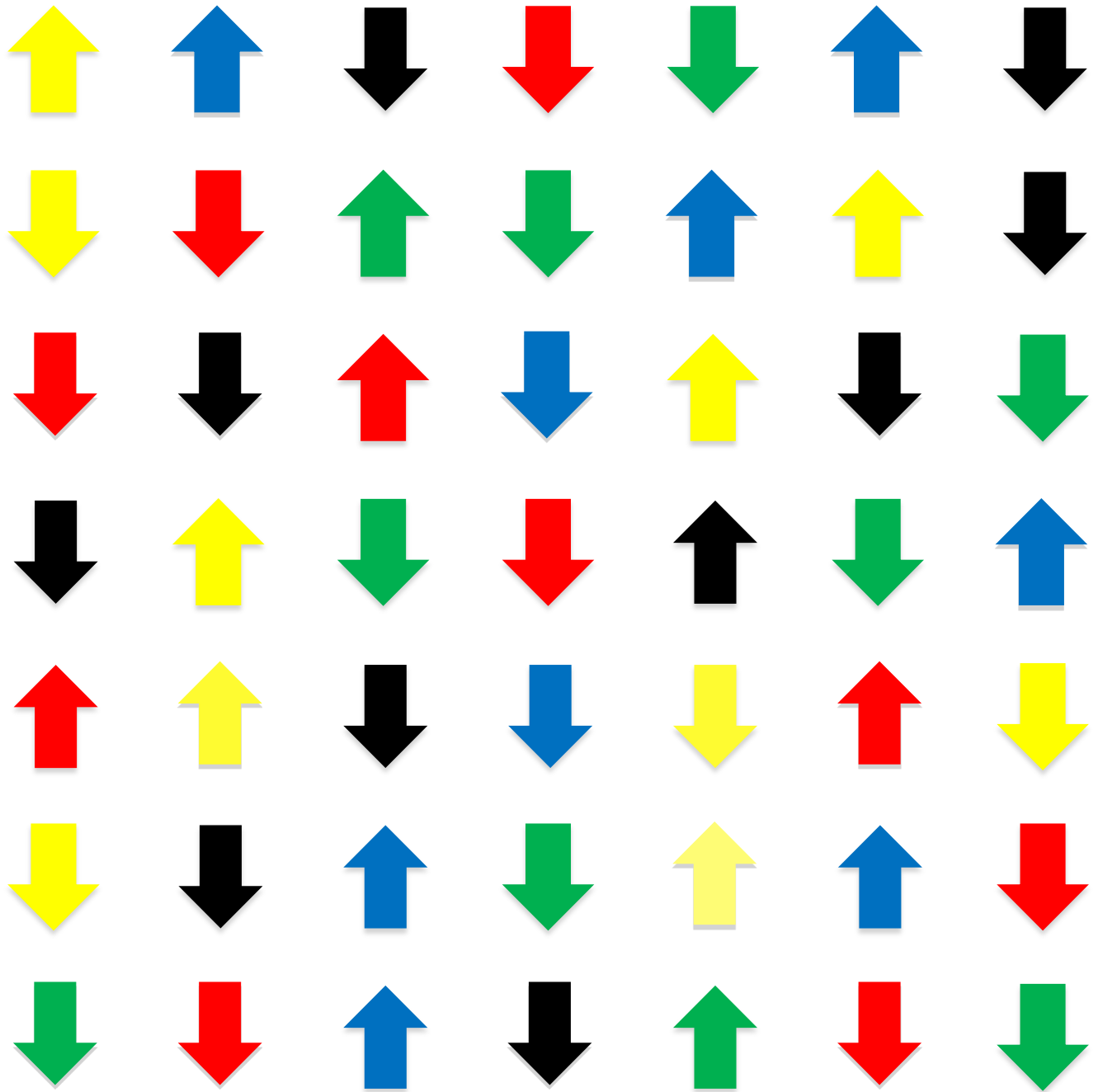


Horse

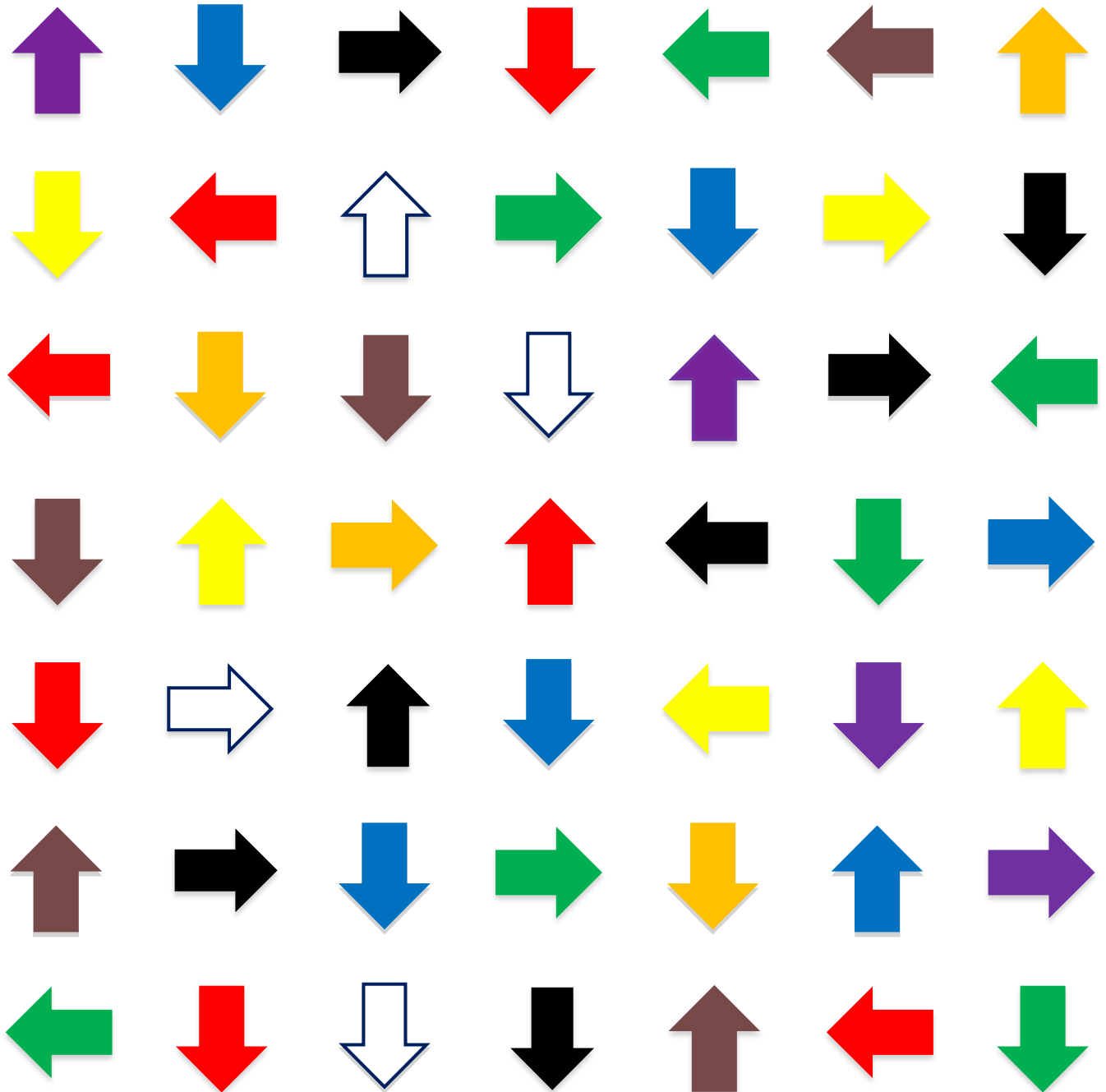
Animal Set 2



Colored Arrows: Up & Down and Left & Right



Nine Colored Arrows: Four Directions



Number Hunt 1-5 with Color

2	1	5	4	1	3
3	4	1	2	5	4
1	4	3	5	2	5
3	1	5	4	3	2
1	3	4	5	2	1
3	1	4	2	5	3
2	4	3	2	1	5
4	1	5	4	3	2

Number Hunt 1-9 with Colors

8	5	9	2	6	7	2	4	1	3
2	9	4	1	5	3	8	7	6	4
9	1	5	7	8	6	4	3	2	3
8	3	1	6	5	4	1	7	2	9
2	7	5	8	7	6	9	1	3	4
7	3	8	4	5	9	2	6	9	1
2	5	4	5	8	3	1	6	7	9
5	4	2	1	9	8	9	7	3	6

Vowel Hunt with Colors

a	e	i	o	u	e
i	o	a	u	e	o
e	u	o	a	i	a
o	i	a	e	u	i
u	a	e	i	o	u
a	e	i	o	u	o
o	u	a	i	u	e
i	a	u	e	a	o

Stare Cards



Aristotle's "Ten Categories of Being" for Mental Imagery and Comprehension

Reading comprehension is the ability to "see pictures/images" of what you're reading. "What did you see happening?" Keep each of these areas in mind when reading to increase your understanding and memory. **Use with picture cards and presidents.**

- **What/Who:** "What is the main thing or person you see?"
- **Quantity/Number:** "How many do you see?" "How old is the person?" "What is the weight?"
- **Quality/Size, Shape, Color, Smell, Sound, Taste, Texture:** "How big?" "What color(s) do you see?" Describe the shapes you see.
- **Relation:** "Is this your friend?" "How close or far?" "Is this a family member?"
- **Action:** "What do you see them doing? What do you hear?" (talking, singing, yelling...)
- **Feelings/Reaction:** "How does he look like he feels?" (angry, sad, happy, etc.)
- **Time/When:** "When do you see this happening? Early morning, at night, a long time ago? In what year or season?" "What length of time?" (minutes, hours, days, years)
- **Position:** "Is he standing? Leaning forward?" (right, left, front, back, north, south)
- **Place/Where:** "Where do you see him walking, playing, etc.?" "What else do you see besides the boat?" (cloudy sky, waves, dolphins leaping up, etc.)
- **Clothing/Accessories:** "What is he wearing or carrying?"

What/Who <ul style="list-style-type: none"> • Object, animal, person 	Quantity <ul style="list-style-type: none"> • Number or measurable characteristic • Age of person • Weight 	Quality <ul style="list-style-type: none"> • Size, color, shape, smell, sounds, taste, texture
Action	Place <ul style="list-style-type: none"> • Where/location 	Time/When <ul style="list-style-type: none"> • Past, present, future • Morning, afternoon, evening • Length of time- 5 minutes, hour, month, year • Summer, winter, spring, fall
Clothing/ Accessories Feelings/Reaction <ul style="list-style-type: none"> • Angry, scared, joyful, confused 	Position <ul style="list-style-type: none"> • Standing, sitting, leaning forward • First, second • Left, right, front, back • North, South, East, West 	Relation <ul style="list-style-type: none"> • Above, below, near, far • Friend, parent, stranger • Brother, sister, aunt • Teacher, husband, wife • Grandparent, uncle, cousin, boss



