

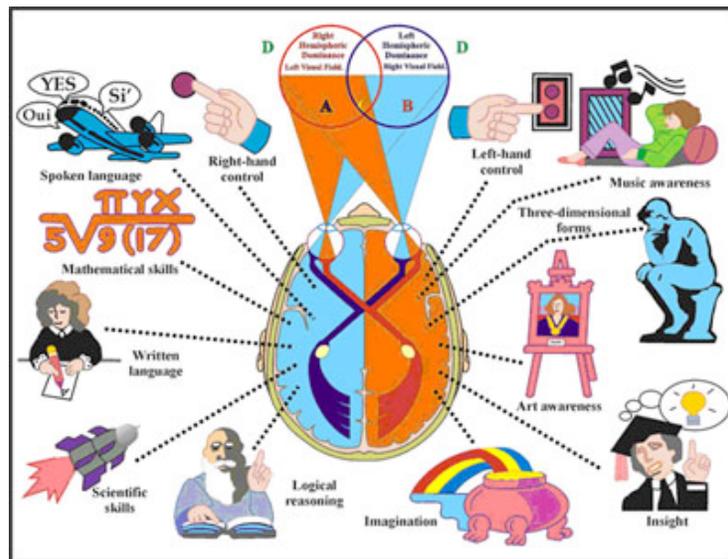
Right Brain ~ Left Brain

Sandi Wright – wright@primary.net

The right brain controls the left side of the body. It is the side where we process music awareness and harmony, three-dimensional forms, art awareness, spatial sense, vision, insight feelings/emotion and imagination.

The left brain controls the right side of the body. It is the side where we process spoken language, mathematical skills, written language, scientific skills, motor skills, sequential thinking, inhibitions, grammar, symbols, reading, and logical reasoning.

When we sing and dance, we use both sides of the brain.



Clasp your hands. Which thumb is on top? If the left thumb is on top, you are probably right brain dominant. If the right thumb is on top, you are probably left brain predominant.

Cross your legs. Which leg is on top? If the left leg is on top, you are probably right brain dominant. If the right leg is on top, you are probably left brain predominant.



Make an “OH” with your hand. Look through the “OH” at an object in the room with both eyes open. Then look through the “OH” with your left eye closed, and then look through the “OH” with your right eye closed. Which eye captures the object? That’s your dominant eye – and since your right brain controls the left eye and the left brain controls the right eye, you can guess which side of your brain is dominant.

Say all the words first. Now don’t say the word that is written, say the color that each word is written in. The right side of the brain tries to say the color. The left side of the brain tries to say the word.

YELLOW	BLUE	ORANGE
BLACK	RED	GREEN
PURPLE	YELLOW	RED
ORANGE	GREEN	BLACK
BLUE	RED	PURPLE
GREEN	BLUE	ORANGE

To develop the emotional right side of the brain:

- Write your name as you normally do.
- Write your name with your left hand.
- Write your name backwards
- Stand up and try to walk backwards.
- Walk with the same arm as the leg – right arm with right leg/left arm with left leg
- Walk backwards with the same arm as the leg.
- Brush your hair with your left hand.
- Brush your teeth with your left hand.

Sing a song and think about the lyrics at various ages, seasons, times of day/night or in scenes or scenarios.

- Did your voice change?
- Were some scenarios easier to do than others?
- We have different ages in our choruses. Does this effect the way we sing the song?



Using creative visualization:

- See
 - A shooting star
 - A mountain
 - A swan on a lake
 - A puppy
- Hear
 - A whistle
 - A dog barking
 - A gong
- Do
 - The wind
 - Swim in a warm pool
 - Fly as if weightless
 - Paint a wall
 - Rock a baby
- Touch
 - Ice
 - A fur coat
 - A brick
- Taste
 - Jell-O
 - Ice Cream
 - An Apple
 - Pizza
 - Wine
- Smell
 - A rose
 - An orange
 - Gasoline
 - Vanilla

Right Brain - Left Brain Test – Which side of your brain is predominant?

Are you a left brain or a right brain? Strictly speaking, of course, you're both, since normal people use both sides of their brains for virtually everything they do. Nevertheless, many people think in a way that scientists associate with one or the other of the brain's hemispheres.

Which statement is most like you (mark only one answer):

1. I remember best
 - a. Names
 - b. Faces
2. I prefer to have things explained to me
 - a. With words
 - b. By showing it to me
3. I prefer classes
 - a. With one assignment at a time
 - b. Where I work on many things at once
4. I prefer
 - a. Multiple choice tests
 - b. Essay tests
5. I am
 - a. Not good at observing body language. I prefer to listen to what people say
 - b. Good at observing body language
6. I am
 - a. Not good at thinking of funny things to say and do
 - b. Good at thinking of funny things to say and do
7. I prefer classes
 - a. Where I listen to "experts"
 - b. In which I move around and try things
8. I decide what I think about things

- a. By looking at the facts
 - b. Based on my experience
9. I tend to solve problems
- a. With a serious, business-like approach
 - b. With a playful approach
10. I like
- a. To use proper materials to get jobs done
 - b. To use whatever is available to get jobs done
11. I like my classes or work to be
- a. Planned so I know exactly what to do
 - b. Open with opportunities to change as I go along
12. I am
- a. Not very inventive
 - b. Very inventive
13. I prefer classes when I am expected
- a. To learn about things I can use in the future
 - b. To learn things I can use right away
14. I . . .
- a. Would rather not guess or play hunches
 - b. Like to play hunches and guess
15. I like to express feelings and ideas
- a. In plain language
 - b. In poetry, song, dance, art
16. I get insights from poetry, symbols, etc.
- a. Rarely
 - b. Usually
17. I prefer
- a. Solving one problem at a time
 - b. Solving more than one problem at a time
18. I respond more to people when
- a. They appeal to my logical side, my intellect
 - b. They appeal to my emotional side, my feelings
19. I prefer to learn
- a. The well-established parts of a subject
 - b. About the unclear parts – the hidden possibilities
20. I prefer
- a. Analytic reading, taking ideas apart and thinking about them separately
 - b. Creative reading, putting a lot of ideas together
21. I prefer
- a. To use my logic in solving problems
 - b. To use “gut feelings” in solving problems
22. I prefer
- a. To analyze problems by reading and listening to experts
 - b. To see and imagine things when I solve problems

23. I'm very good at
 - a. Explaining things with words
 - b. Explaining things with hand movements and actions
24. I learn best from teachers who
 - a. Explain with words
 - b. Explain with movement and actions
25. When I remember or think about things, I do it best with
 - a. Words
 - b. Pictures
26. I prefer to
 - a. Examine something that is finished and complete
 - b. Organize and complete something that is unfinished
27. I enjoy
 - a. Talking and writing
 - b. Drawing and manipulating (handling) things
28. I am
 - a. Easily lost in finding directions
 - b. Good at finding directions
29. I am
 - a. Primarily intellectual
 - b. Primarily intuitive
30. I prefer to learn
 - a. Details and specific facts
 - b. From a general overview, to look at the whole pictures
31. I read
 - a. For specific details and facts
 - b. For main ideas
32. I learn and remember
 - a. Only those things specifically studied
 - b. Details and facts in the environment not specifically studied
33. I like to read
 - a. Realistic stories
 - b. Fantasy stories
34. I feel it is more fun to
 - a. Plan realistically
 - b. Dream
35. I . . .
 - a. Prefer total quiet when reading or studying
 - b. Prefer music while reading or studying
36. I would like to write
 - a. Non-fiction books
 - b. Fiction books
37. If seeking mental health counseling, I would prefer
 - a. The confidentiality of individual counseling

- b. Group counseling and sharing of feelings with others
- 38. I enjoy
 - a. Copying and filling in details
 - b. Drawing my own images and ideas
- 39. It is more exciting
 - a. To improve something
 - b. To invent something
- 40. I prefer to learn by
 - a. Examining
 - b. Exploring
- 41. I prefer
 - a. Algebra
 - b. Geometry
- 42. I am skilled in
 - a. Sequencing ideas
 - b. Showing relationships among ideas
- 43. I prefer
 - a. Dogs
 - b. Cats
- 44. I . . .
 - a. Use time to organize myself and my personal activities
 - b. Have difficulty in pacing my personal activities to time limits
- 45. I have
 - a. Almost no mood changes
 - b. Frequent mood changes
- 46. I am
 - a. Almost never absentminded
 - b. Frequently somewhat absentminded
- 47. I am strong
 - a. In recalling verbal materials (names, dates, etc.)
 - b. In recalling spatial materials (colors, shapes, etc.)
- 48. I am skilled in
 - a. The statistical, scientific prediction of outcomes
 - b. The intuitive prediction of outcomes
- 49. I prefer
 - a. Outlining over summarizing
 - b. Summarizing over outlining
- 50. I prefer
 - a. Verbal instructions
 - b. Demonstrations

Scoring: Number of As _____ = Left Brain Number of Bs _____ = Right Brain