

12 Rules Note Taking Worksheet

# brain rules

12 Principles for Surviving and Thriving at Work, Home, and School  
Dr. John Medina



**EXERCISE | Rule #1:** Exercise boosts brain power.

Homework:



**SURVIVAL | Rule #2:** The human brain evolved, too.



**WIRING | Rule #3:** Every brain is wired differently.



**ATTENTION | Rule #4:** We don't pay attention to boring things.



**SHORT-TERM MEMORY | Rule #5:** Repeat to remember.



**LONG-TERM MEMORY | Rule #6:** Remember to repeat.



**SLEEP | Rule #7:** Sleep well, think well.



**STRESS | Rule #8:** Stressed brains don't learn the same way.



**SENSORY INTEGRATION | Rule #9:** Stimulate more of the senses.



**VISION | Rule #10:** Vision trumps all other senses.



**GENDER | Rule #11:** Male and female brains are different.



**EXPLORATION | Rule #12:** We are powerful and natural explorers.