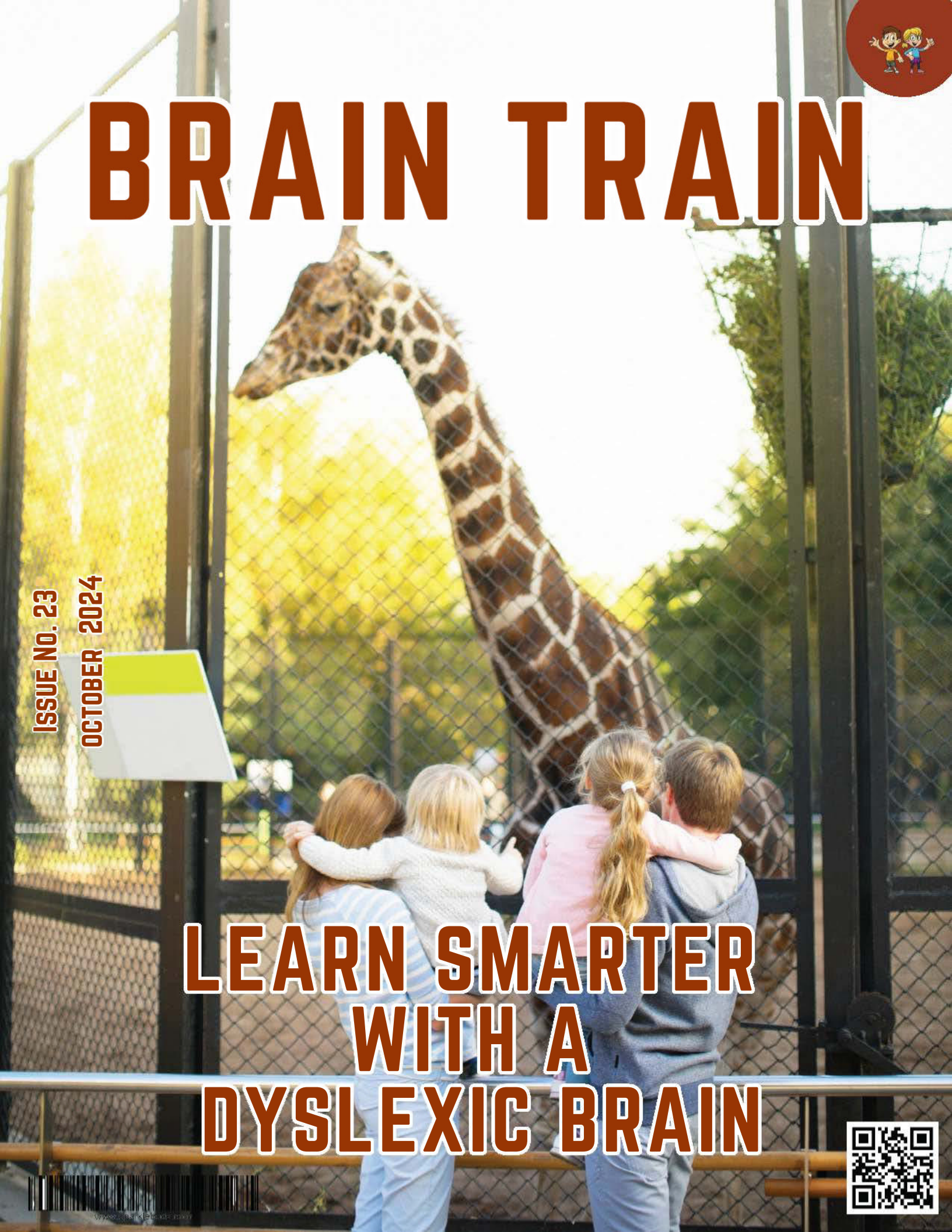
BRAIN TRAIN



ISSUE NO. 23
OCTOBER 2024

LEARN SMARTER WITH A DYSLEXIC BRAIN

Hello Beautiful People!

Welcome to Brain Train! We're thrilled to have you with us as we embark on this exciting journey to support and empower individuals with dyslexia.

Our team of experts has carefully curated each issue of our monthly magazine to offer practical, playful, and engaging activities that will enrich your life and help you gain a better understanding of your unique strengths and abilities.

With our love of learning and illustration, we've created fun and interactive activities for all ages, from children to adults. We hope to inspire new generations and help individuals with dyslexia feel more confident and in control.

We're passionate about taking a strength-based approach to dyslexia, and our goal is to help you discover the simple things you can do to feel more empowered and in control of your life.

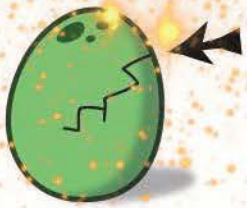
Thank you for being a part of our community, and we look forward to sharing our love of learning and growth with you!

LET'S PLAY & LEARN

ck

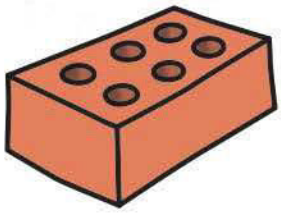
Join letters

t • u • k
d • ck



cr • a • ck
t • k

tr • a • ck
s • k



th • i • k
br • ck

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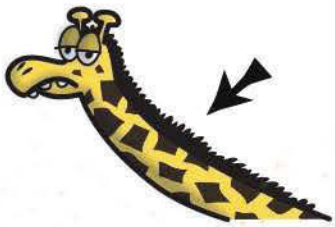
dr • k

cl • o • k
sh • ck



p • e • k
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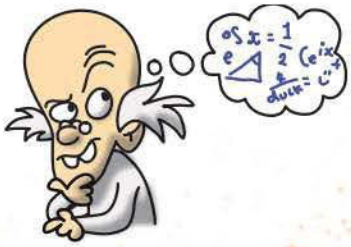
s • ck



th • in • k
st • ck

s • il • ck
m • k

w • i • k
l • ck

tr • un • k
b • ck

dge
Flash card

How To Make

Cut around the dashed line.
Fold along the solid line.
Glue the blank sides together.

dge

fridge
/j/

fold

How To Play

Start with the picture side. Show the picture, say the word then the sound, e.g. 'fridge ... /j/'. Once confident, begin with the letter side.

If there is difficulty recalling the sound, show the picture as a clue.

A quick 'flash' at the letters is sometimes more memorable than a long look.

front fold back

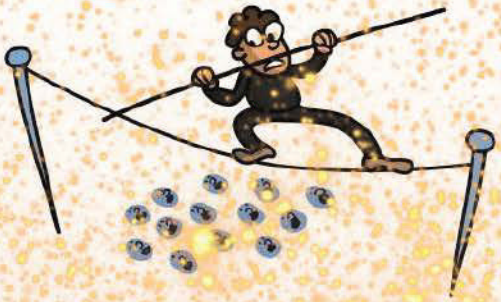
ary

salary

front fold back

ance
ence

balance (uns)
over the
audience (uns)



front fold back

ate

x2

investigate

pirate

(ut)

front fold back

ism

magnetism

Personality of the Month!

Whoopi Goldberg
Comedian, Actress

"It was nice to know I wasn't just lazy and that I didn't have to explain to people anymore that it wasn't that I didn't want to [read], it's just that I was having a hard time," Goldberg said. "Back in the old days, they just assumed you were lazy and stupid."

She said her mother knew something was amiss with Goldberg's learning habits, but without the knowledge on dyslexia that exists today, her mother had a hard time understanding what was making her daughter struggle.

"The thing that crushed me more than anything was: I didn't understand how they didn't see I was smart, I just couldn't figure things the way they were doing it."

Now, Goldberg is among a coveted group of only 20 who have received an Emmy, Grammy, Tony and Oscar award — and she thanks dyslexia for having a "large hand" in getting her where she is today.

Vowel-rr
Circle word 1

 error lorry narrow	 curry hurry furrow	 barrel sorry carry
 barrow terror marrow	 ferry merry berry	 sorrow arrow sparrow
 mirror burrow barrier	 ferret parrot turret	 cherry terrace sherry
 carriage current marry	 arrogant correct carrot	 porridge horror sporran

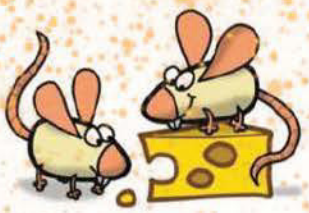
Magic e (2 syll)

Circle word

pancake compete outside	profile include reptile	confuse concrete confide
backbone rotate trombone	costume extreme consume	enclose explode console
suppose sunshine subscribe	debate escape estate	stampede surprise trapeze
polite devote pollute	backstroke landscape conclude	include inside inflate

Soft c g

Circle word



nice
mice
lice

slice
spice
rice

ice
pace
fence

force
ace
face

twice
chance
pence

since
dance
mice

lance
prince
lace

price
glance
mince

race
mice
slice

space
fence
face

twice
dice
dance

price
lace
ace

-ed
Speed read

Read as many words as you can in 1 minute.

wanted
saved
cracked
seemed
crushed
picked
folded
waited
called
10
handed
hoped
liked
filled
entered
needed
smiled
20
slipped
pulled
acted
kicked

Count the number of words you read. Go again and try to beat your score.

ff ll ss

Complete the word -ll

Rule

Use '-ll' where a short vowel needs extra help.

Use '-l' where the vowel already has a letter friend to help.

fi_____	spi_____	be_____
pee_____	sme_____	se_____
windmi_____	hee_____	sea_____
poo_____	sku_____	we_____

To make: 1. Cut along the dashes. 2. Fold along the line. 3. Glue the blank sides together.

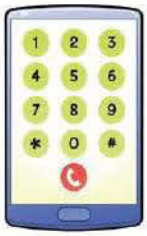
fold fold

chop

ch

f

phone



ph

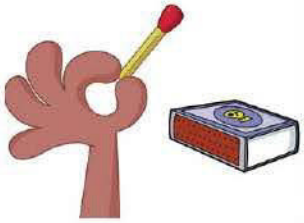
kw

queen

qu

ch

match



tch

shell

sh

the teeth

th

2 sounds

How To Use the Cards

Hold up the picture side.
Name it together, e.g. "shell"
Say the sound, e.g. "sh"
Turn the card over, to the letter side. Say the sound again. e.g. "sh"

SKATE BOARD CONTEST

SEND YOUR

SKATING VIDEOS

TO THE BELOW

EMAIL ADDRESS

fold

fold

ā

play

ay

ā

rain

ai

ī ē

cry of the hairy yeti

y

3 sounds

ī ē

pie in a field

ie

2 sounds

ē ĕ

eat bread

ea

2 sounds

ē

sheep

ee

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knights in tights

igh

fold

who? what?
when?

wh

fold

runner

er

Stage 2

fold

er er
dirty bird

ir

horse

or

er
surf

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car

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fold fold

j

fridge

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fence

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weight ceiling

ei

2 sounds

ow oo ŭ

mouse soup cousin

ou

3 sounds

coin

oi

ā ē

they eat honey

ey

2 sounds

toy

oy

j

cage

ge

fold fold

ŭ oo

wood moon

oo

2 sounds

oo oo

blew the stew

ew

ow ō

cow in the snow

ow

2 sounds

oo oo

juicy fruit

ui

ō ō

coat on a goat

oa

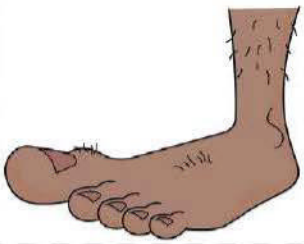
oo

clue

ue

ō

toe



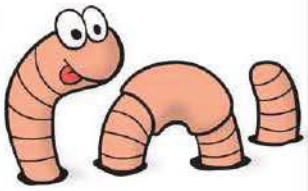
oe

fold fold

hairy
fairy

air

wer
worm



wor

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launch

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saw

aw

wŏ
wasp

wa

er air
search bear ear

ear

3 sounds

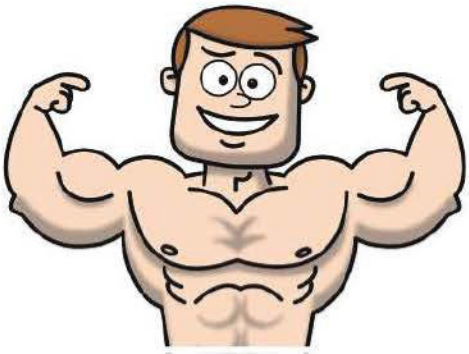
wor
war

war

Either the heifer pays the forfeit or jumps into the weir.

The weird foreigner seizes his leisure at the height of the rush-hour.

Eat sufficient protein!



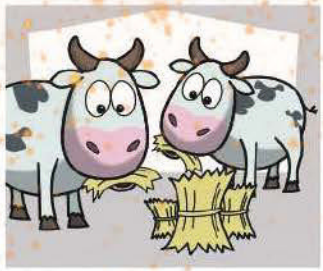
-le

Sentence picture match

Pick the best sentence to match the picture.

The cattle had measles and could not settle to sleep.

The cattle were eating bundles of hay in the stable.



Mark put on the kettle and made a pickle sandwich.

Mike sat at the table and ate some trifle with apple crumble.

Jenny rolled marbles in a circle on the castle walls.

Jill stumbled over a little bottle when she went up the castle steps.

She will giggle when you tickle her.

She had a little bit of the apple crumble.

I have a thimble on my middle finger.

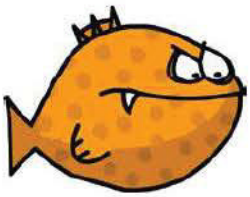
The thimble fell into the trifle and settled on the bottom.

Lots of people were huddled together by the candle.

People handled the Bible as they stood in a circle.

au aw

Happy families game

sauce pause haunt launch	sauce **pause** haunt launch	sauce pause **haunt** launch	sauce pause haunt **launch**
sauce	pause	haunt	launch
draw yawn crawl awful	draw **yawn** crawl awful	draw yawn **crawl** awful	draw yawn crawl **awful**
			
draw	yawn	crawl	awful
door floor poor moor	door **floor** poor moor	door floor **poor** moor	door floor poor **moor**
door	floor	poor	moor

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70+ Countries
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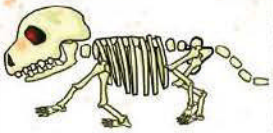
roar board hoard soar	roar **board** hoard soar	roar board **hoard** soar	roar board hoard **soar**
			
roar	board	hoard	soar
author cause audio laundry	author **cause** audio laundry	author cause **audio** laundry	author cause audio **laundry**
author	cause	audio	laundry
straw dawn claw prawn	straw **dawn** claw prawn	straw dawn **claw** prawn	straw dawn claw **prawn**
straw	dawn	claw	prawn

Happy Families

How to play — 3-4 players

Collect the cards that make up complete families.

Shuffle and deal out all cards.

The dealer begins by asking any player for a word that they need to add to a family. If the player asked has the card, they hand it over.

The dealer continues to ask for cards from any player, but if they ask someone who does not have it, then play passes to the player left of the dealer.

As families are collected, the four cards are placed together face down in front of the player who has them.

When a player has no cards left, he/she must drop out of the game and play passes to the person on their left. Their families are still counted at the end.

The game continues until all the families have been collected.

The player with the most families is the winner.

ar or ir ur (2 syll)

Sentence picture match - ir ur

Stop! No pepper on my dinner. I hid the pepper under my bed.	
He put on a turban before he had turkey. Do not disturb him as he eats his turkey.	
I am thirsty and want a drink. I am thirty on my birthday.	
My sister got a silver ring. My sister has a curly wig.	
I have not got butter with my turnip. I have turnips in my garden.	
The monster will return from the birthday party. The monster was very unhappy.	✓

ough augh

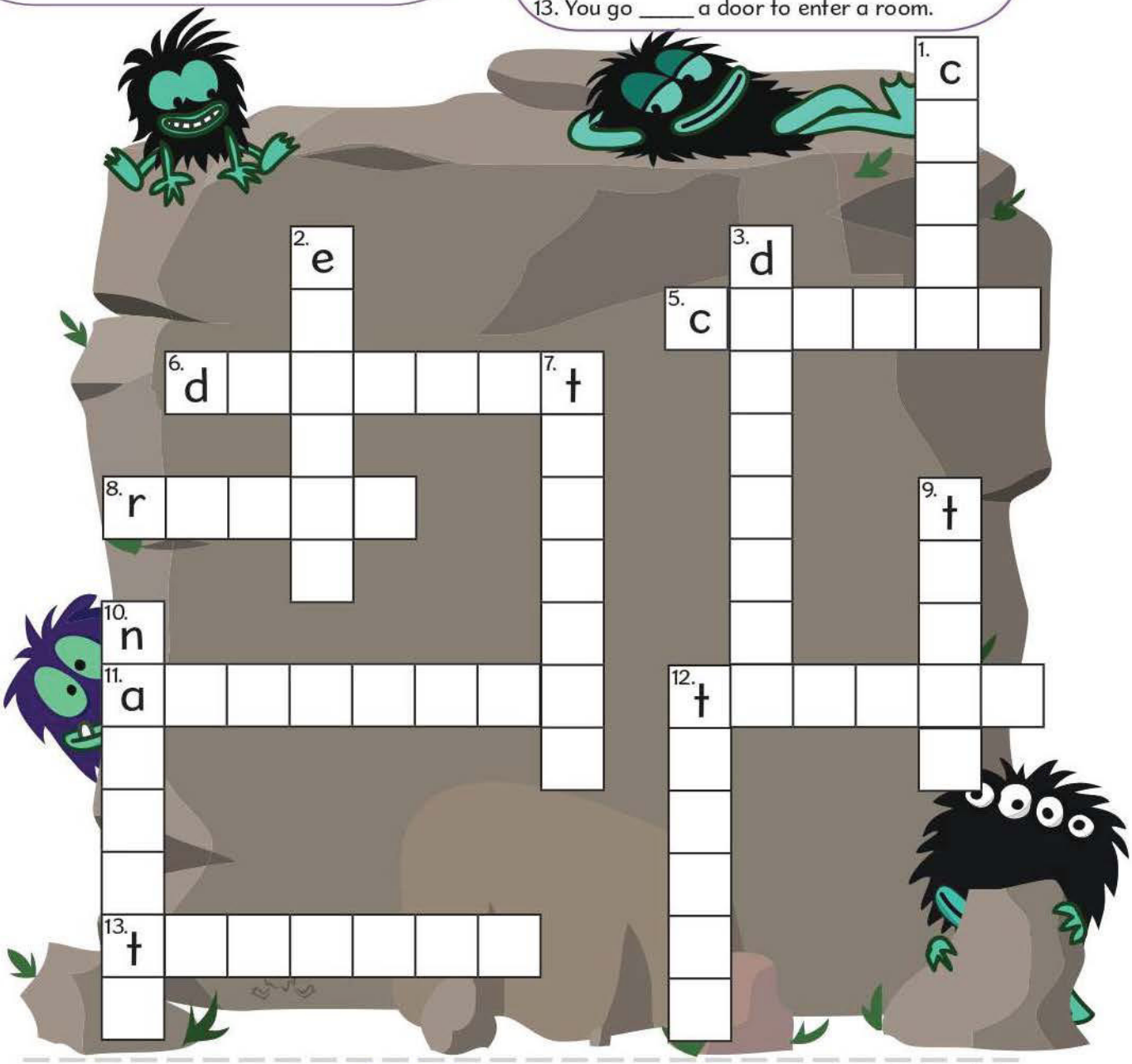
Crossword

Clues down

1. You might do this when you have a cold.
2. I am full. I have had _____.
3. A boy is a son. A girl is a _____.
7. I _____ of an idea.
9. Hard or strong.
10. Badly behaved.

Clues across

5. I _____ a cold after you sneezed over me.
6. When it does not rain there may be a _____.
8. Not smooth.
11. _____ he eats a lot he is still very thin.
12. Horses and cows drink from a _____.
13. You go _____ a door to enter a room.



fold and hide

Answers

1. cough 2. enough 3. daughter 5. caught 6. drought 7. thought 8. rough
9. tough 10. naughty 11. although 12. trough / taught 13. through

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for ADHD

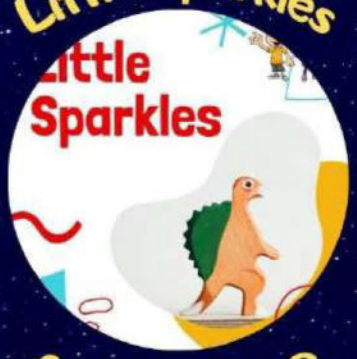
Foughtism

for Autism

Brain Train

for Dyslexia

Little Sparkles



for ages 5-8

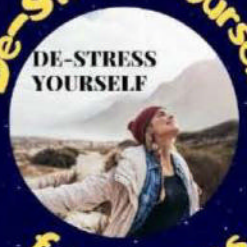
Sparkle Buds

for ages 9-13

Chelsea Rhymes

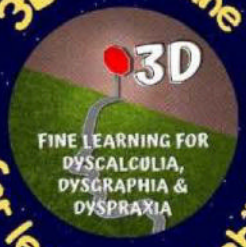
for all ages

De-Stress Yourself



for all ages

3D Magazine



for learning disability

Magic Logic

not the ordinary

Expert Marriage Tips

Satire