

## Turning On Your Brain 2

# Counting letters

This activity helps your attention and concentration. You have to count the number of times an object appears on the screen.

### **Step 1, Counting letters**

1. Click on '**Presentation**' and click on '**1 letter**' on the menu at the top of the screen.
2. Click on the '**Level**' and click on '**Level 1**'
3. Click on '**Start**' at the bottom of the screen.

A letter will appear in the middle of the screen. It will stay for about 2 seconds then disappear. You have to remember the letter and count how many times you see it again. Different letters, one after the other, will keep flashing on and off, in the middle of the screen. Sometimes the letter may be the same as the first one you saw, others will be different. Letters will continue to flash, one after the other, for 1 minute.

1. Count the number of times you see the first letter that came on the screen.
2. When the letters stop flashing, tell you helper how many times the first letter flashed on the screen.
3. Click on 'check' to find out if you were correct.

**Your goal is to correctly count (at least 9 times out of 10) the number of times the first letter appeared on the screen.**

### **Step 2, Counting jumping letters**

1. Click on '**Level**' and click on '**Level 2**' on the menu at the top of the screen.
2. Click on '**Start**' at the bottom of the screen

A letter will again be shown for 2 seconds in the centre of the screen then disappear. Remember this letter. Again letters will flash on and off on the screen, one after the other, but now they will appear at different points around the middle of the screen.

1. Count how many times you see the letter that first came on the screen

2. When the letters stop flashing, tell your helper how many times you saw the first letter
3. Click on 'check' to find out if you were correct.

**Your goal is to correctly count (at least 9 times out of 10) the number of times the first letter appeared on the screen.**

### **Step 3, Counting jumping letters, big jumps**

1. Click on '**Level**' and click on '**Level 3**' on the menu at the top of the screen.
2. Click on '**Start**' at the bottom of the screen

A letter will again be shown for 2 seconds in the centre of the screen then disappear. Remember this letter. Again letters will flash on and off on the screen, one after the other, but now they will appear at different points all over the screen.

1. Count how many times you see the letter that first came on the screen
2. When the letters stop flashing, tell your helper how many times you saw the first letter
3. Click on 'check' to find out if you were correct.

**Your goal is to correctly count (at least 9 times out of 10) the number of times the first letter appeared on the screen.**

Try this again but increase the flash rate. Click on '**flash rate**' and click on '**0.50 seconds**'. Count the number of times the first letter appears on the screen and then click on 'check' to check your answer.

**Again your goal is to count the number of times the first letter appears, so that you are correct at least 9 times out of 10.**

### **Step 4, Counting double jumping letters**

1. Click on '**Presentation**' and click on '**2 letters**'. Keep using level 3 so the letters jump all over the screen
2. Click on '**Flash rate**' and click on '**1.0 second**'
3. Click on '**Start**'

Now a pair of letters, such as 'hf' or 'ct', will be shown first, in the middle of the screen. You have to remember these two letters and count how many times you see that same pair again. The letters must be in the same order to actually be the same as the first pair. For example, if the first pair was 'ct' and you see 'tc',

this is not the same. Various pairs of letters will flash, one after the other, on the screen for 2 minutes. The letters will appear at different points around the middle of the screen.

1. Count how many times you see the pair of letters that first came on the screen
2. When the letters stop flashing, tell your helper how many times you saw the first pair of letters
3. Click on 'check' to find out if you were correct.

When you find this easy and you are getting at least 8 out of 10 correct, change the flash rate to 0.50 seconds.

### **Step 5, Counting jumping words**

1. Click on '**Presentation**' and click on '**Words**'. Keep using level 3.
2. Click '**Flash rate**' and click on '**1 second**'
3. Click on '**Start**' at the bottom of the screen

Now a three letter word, such as 'cat', 'men' or 'hot', will be shown first in the middle of the screen. You have to remember this word and count how many times you see that same word again. Various words will flash, one after the other, on the screen for 2 minutes. The words will appear at different points all over the screen.

1. Count how many times you see the word that first came on the screen
2. When the words stop flashing, tell your helper how many times you saw the first word
3. Click on 'check' to find out if you were correct.

When you find this easy and you are getting at least 8 out of 10 correct, change the flash rate to 0.50 seconds.