

MIND TRAINING SESSIONS

SUMMARY

Implementation Day
Practice Counting to 10 in a Foreign Language

Implementation Day

- * Go through the summary of the sessions you missed
- * Review sessions for better understanding
- * Do the pending homework
- * Be active in your respective groups | Share your learnings

Blend Visual, Auditory and Kinesthetic actions to learn more efficiently

Counting to 10 in Japanese

- 1 - ichi
- 2 - ni
- 3 - san
- 4 - shi
- 5 - go
- 6 - roku
- 7 - shichi
- 8 - hachi
- 9 - ku
- 10 - ju

Confidence Competent Loop - The more competent you are the more confident you become

Today's Action Step

- * Complete the pending work
- * Share and discuss in the community about the learnings