

Brain Gym

Sharpen your thinking skills with fun brain workouts, puzzles, and activities to boost memory and focus! Enroll now.



Grade: LKG, UKG, 1st



Day 1	Fun Warm-Up & Stretching
Day 2	Balance & Coordination Activities
Day 3	Hand-Eye Coordination Games
Day 4	Left-Right Brain Activities
Day 5	Focus & Attention Games
Day 6	Memory Boosting Activities
Day 7	Quick Reaction Games
Day 8	Relaxation & Breathing Exercises
Day 9	Fun Movement Challenges
Day 10	Brain Gym Recap & Fun Day

*Content subject to change as per feedback

Grade: 2nd, 3rd, 4th



Day 1	Mind Mapping
Day 2	Physical Brain Gym
Day 3	Memory Techniques
Day 4	Logic & Reasoning Puzzles
Day 5	Focus & Concentration Games
Day 6	Story Retelling Challenges
Day 7	Observation Training
Day 8	Problem-Solving Tasks
Day 9	Fun Brain Teasers
Day 10	Confidence & Public Speaking

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Grade: 5th, 6th, 7th



Day 1	Speed Reading & Retention Skills
Day 2	Mindfulness & Meditation
Day 3	Cognitive Challenges & Brain Games
Day 4	Boosting Emotional Intelligence
Day 5	Lateral Thinking Exercises
Day 6	Geography & Memory Boosters
Day 7	Mental Math & Number Tricks
Day 8	Time Management Skills
Day 9	Escape Room & Puzzle Challenges
Day 10	Confidence & Public Speaking

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