

## **Developmental psychology evaluation/assessment**

Title: **Brain training exercises** (Neurobeans program)

These are professionally designed and well-thought-out exercises which promote development of self-regulating skills in children and youths over the age of 11-12. Self-regulating skills help with control and direction of behaviour, thought, and emotions.

When children execute the exercises, they train their memory, maintain attention, as well as plan and design their own strategies for problem solving. They learn accuracy and persistence. Physical and mental effort are needed for the execution of the exercises.

Insertion of the beans into the tool requires fine motor skills and hand-eye coordination. The increase in difficulty gives children insight into their problem-solving skills.

When performing the exercises, children see when their attention is not optimal, and when they have to regulate it. They learn how to achieve a goal as effectively as possible and how to avoid unwanted outcomes by choosing appropriate reactions to such issues.

*Brain training exercises* are a great tool for children to attain insight into their learning process and their progress. Because of this, they have a positive impact on the development of children's confidence and independence.

**Brain training exercises are a new and interesting approach for children to acquire control of emotional, behavioural, and mental states through playful and challenging exercises which are not directly connected to classroom-like learning. Control in these kinds of states contributes to more effective learning in the school or home setting, and to greater motivation for learning.**

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