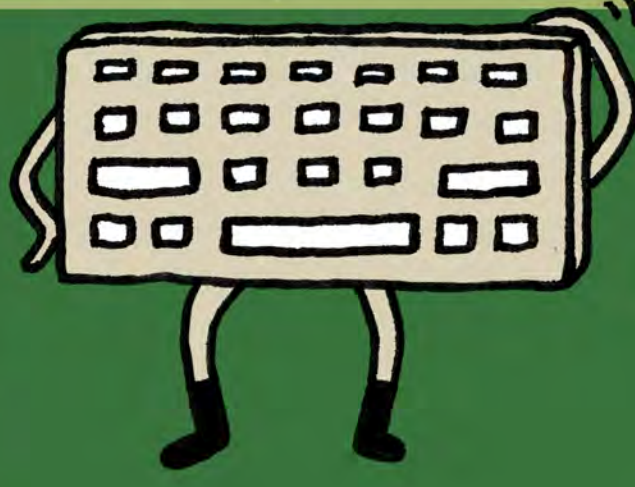


# Handwriting gives the brain a workout.

YOU'RE MORE LIKELY TO RECALL WORDS WRITTEN DOWN ON PAPER VERSUS TYPED ON A KEYBOARD.



VS

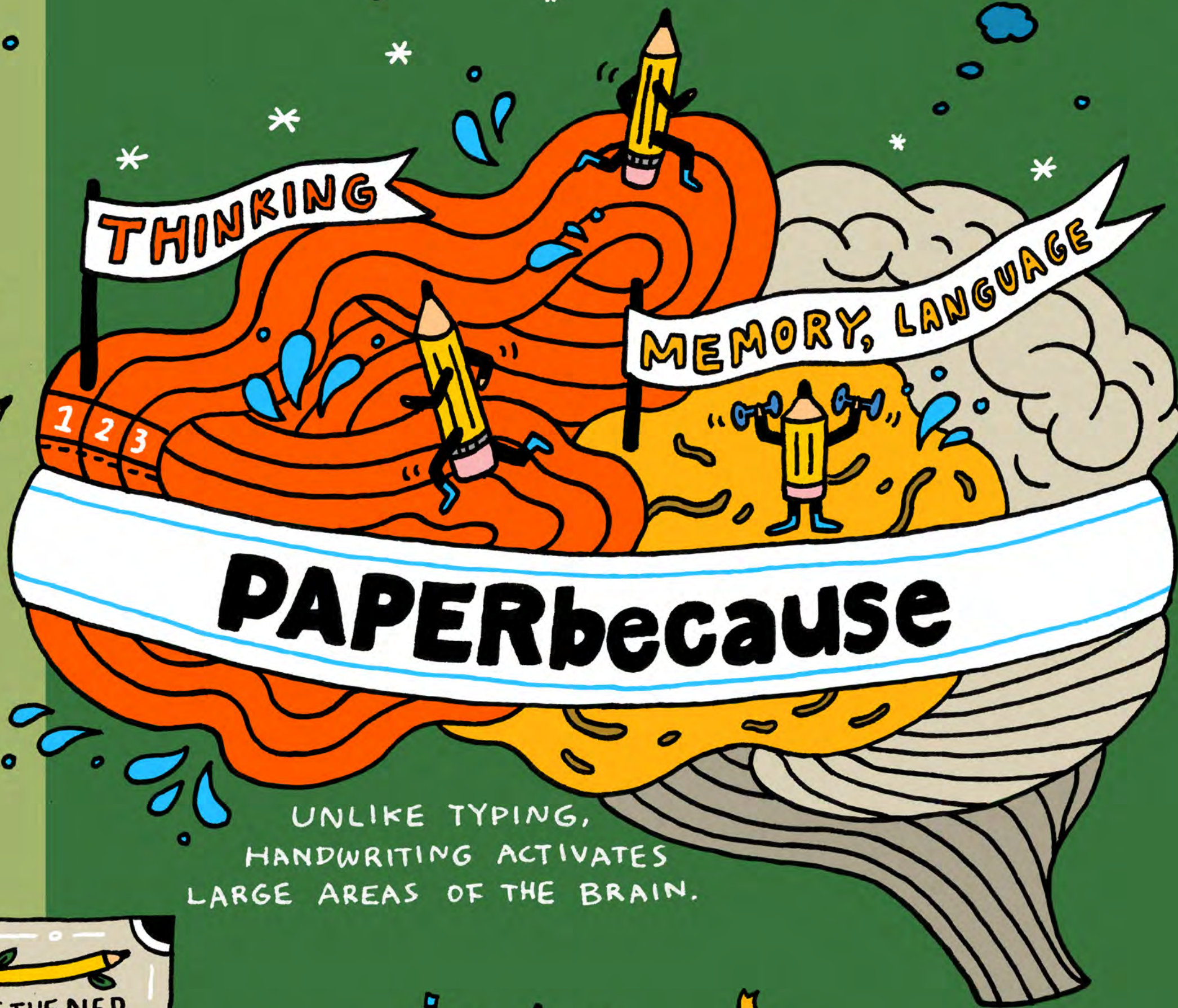


HANDWRITING STRENGTHENS 100 TRILLION NEURAL CONNECTIONS MAKING IT EASIER FOR YOUR BRAIN TO SEND AND RECEIVE INFORMATION.

94% OF AP TEACHERS ENCOURAGE STUDENTS TO WRITE BY HAND BECAUSE IT BOOSTS ACTIVE THINKING AND THE ABILITY TO SEE THE BIG PICTURE.

STUDENTS THAT TAKE NOTES BY HAND UNDERSTAND THE MATERIAL BETTER THAN STUDENTS THAT TAKE NOTES ON A LAPTOP.

TAKE NOTE WRITING DEVELOPS FINE MOTOR SKILLS.



UNLIKE TYPING, HANDWRITING ACTIVATES LARGE AREAS OF THE BRAIN.

STUDENTS IN GRADES 4 THROUGH 6 USED MORE COMPLETE SENTENCES WHEN PUTTING PENCIL TO PAPER.



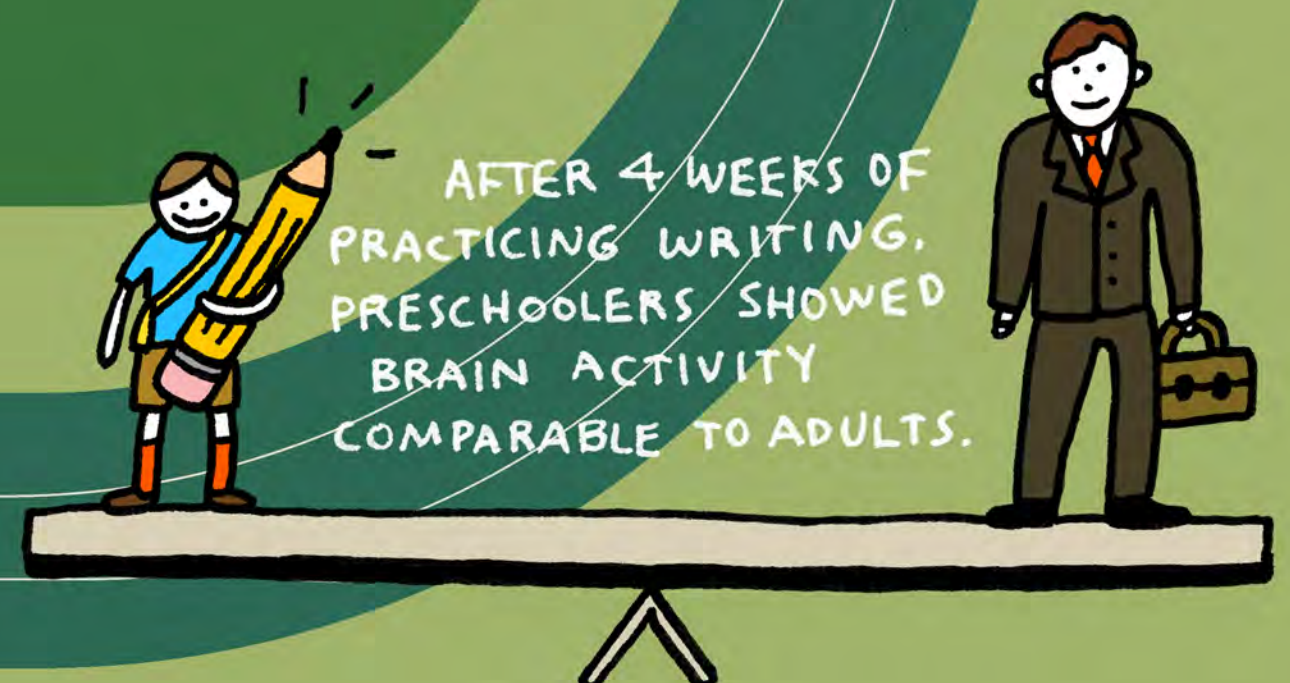
On keyboard less complete.

- SKILLS STRENGTHENED**
- RETRIEVING LETTERS FROM MEMORY
  - REPRODUCING LETTERS ON PAPER
  - SPELLING ACCURATELY
  - EXTRACTING MEANING FROM TEXT OR LECTURE
  - INTERPRETING THE CONTEXT OF WORDS AND PHRASES



WORK OUT YOUR BRAIN BY HANDWRITING AND BECOME A SHARPER, FASTER AND STRONGER THINKER.

AFTER 4 WEEKS OF PRACTICING WRITING, PRESCHOOLERS SHOWED BRAIN ACTIVITY COMPARABLE TO ADULTS.



## Handwriting Gives the Brain a Workout

### Sources:

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