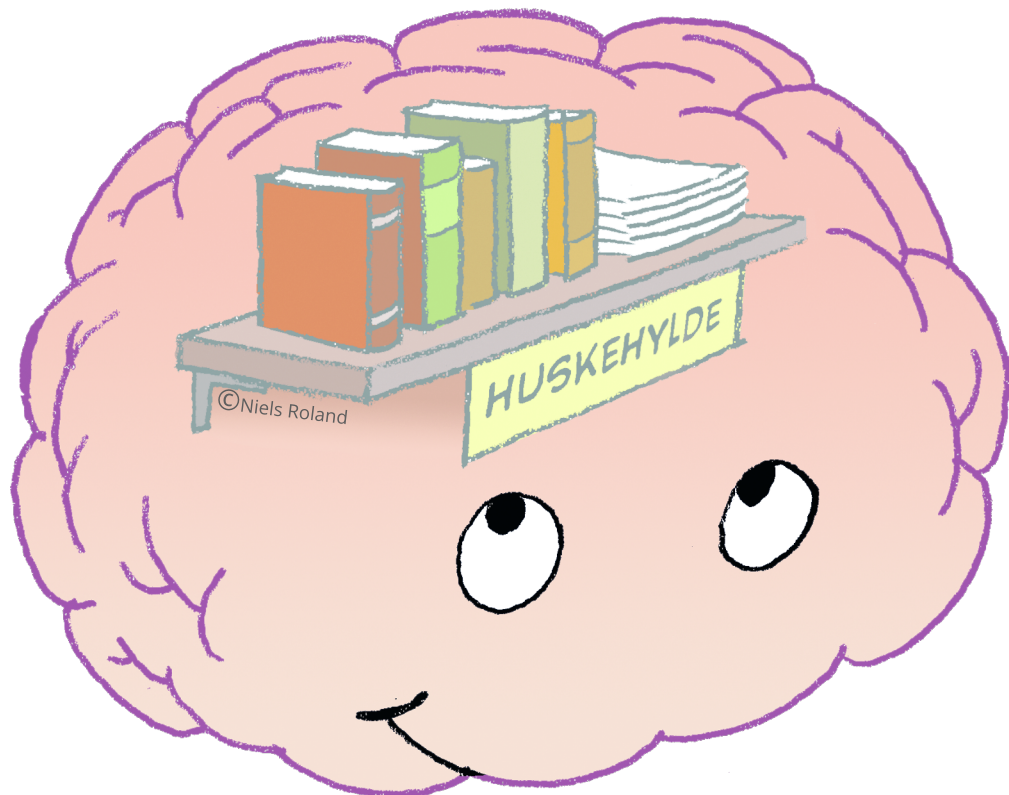


MIG OG MIN HJERNE 2

- STYRK DIN HJERNE



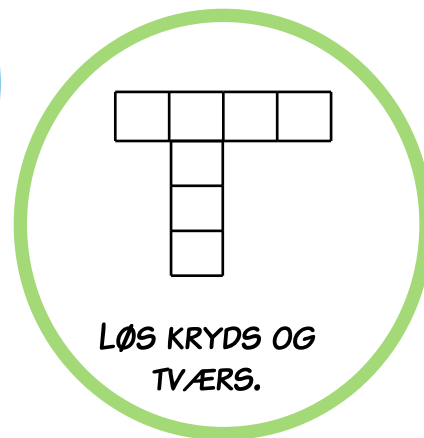
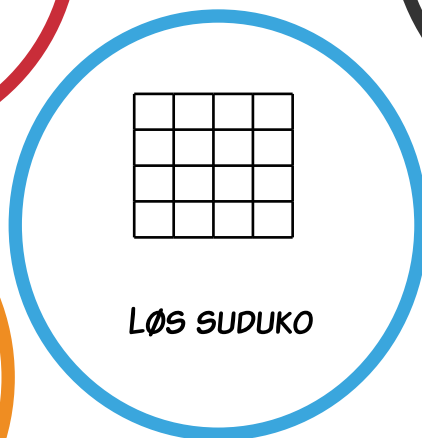
Mit navn: _____

Klasse: _____

Styrk hjernen

Der er forskellige måder, som du kan styrke din hjerne på. Din hjerne er faktisk lidt doven! Den vil gerne slappe af og gøre det samme hver gang. Derfor kan du styrke din hjerne ved at gøre nogle af disse ting.

Sæt streg over dem, du har prøvet!



Træn hjernen



Du kan træne din hjerne til kun at være opmærksom på én ting - så den ikke bliver forstyrret af andre ting.

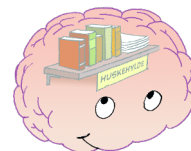
Det er ret smart at kunne koncentrere sig kun om én ting - for eksempel, når din lærer taler.

Det kan meditation hjælpe dig med.



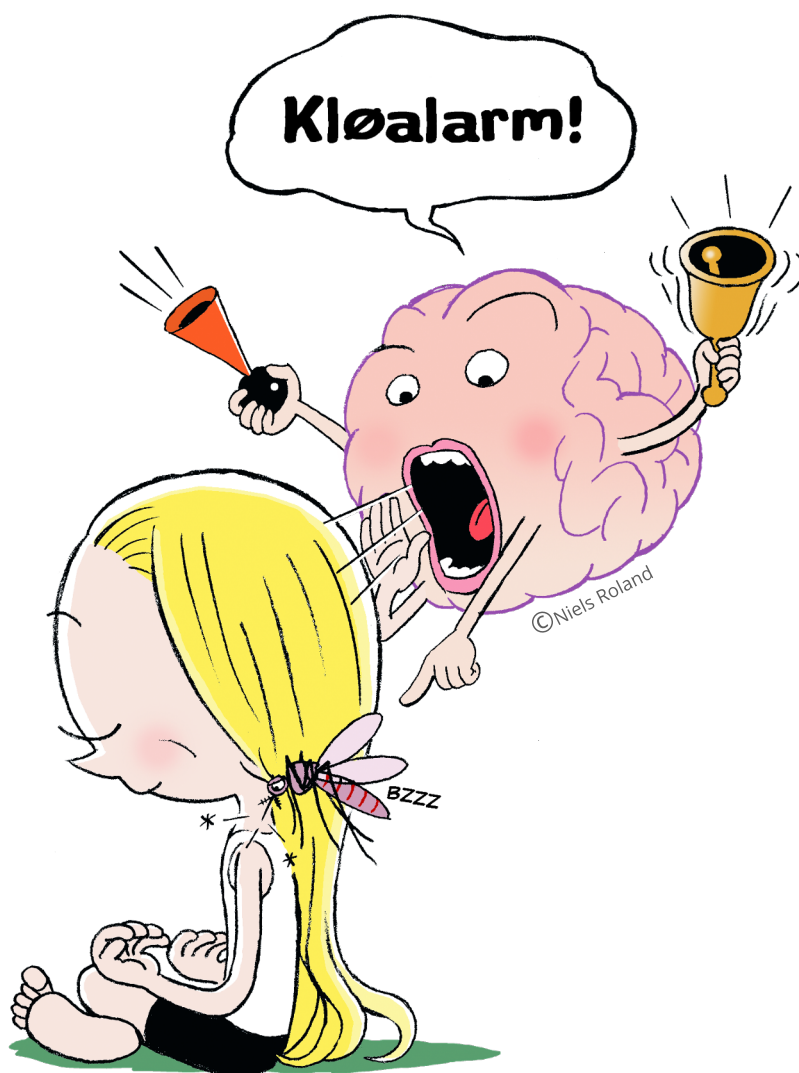
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Meditation

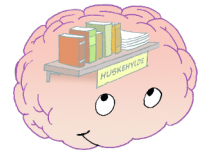


Du skal prøve at lave nogle meditationsøvelser, hvor du skal koncentrere dig, så godt du kan.

Prøv at lav øvelserne sammen i klassen. Måske I kan aftale at lave dem sammen i 5 minutter hver dag.



Øvelse 1 + 2



1. Stil dig op med god afstand til andre.
2. Træk vejret dybt ind og pust stille ud. Gør det 5 gange.
3. Luk øjene, hvis det kan hjælpe dig med at slappe af.
4. Lav øvelsen, som vist her. En øvelse af gangen. Hold øvelsen i 1 minut - hvis du kan!

TREKANTEN



HUNDEN



Øvelse 4 + 5



1. Stil dig op med god afstand til andre.
2. Træk vejret dybt ind og pust stille ud. Gør det 5 gange.
3. Luk øjene, hvis det kan hjælpe dig med at slappe af.
4. Lav øvelsen, som vist her. En øvelse af gangen. Hold øvelsen i 1 minut - hvis du kan!

KRIGEREN

KATTEN



Øvelse 5 + 6



1. Stil dig op med god afstand til andre.
2. Træk vejret dybt ind og pust stille ud. Gør det 5 gange.
3. Luk øjene, hvis det kan hjælpe dig med at slappe af.
4. Lav øvelsen, som vist her. En øvelse af gangen. Hold øvelsen i 1 minut - hvis du kan!

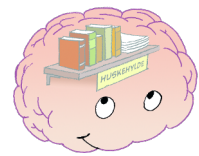
STORKEN



COBRASLANGEN



Hjernegymnastik



Kryds og tværs, sudoku og labyrinter træner din hjerne!

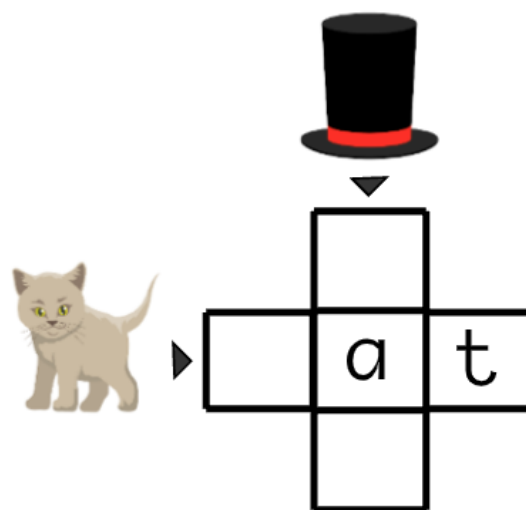
Din hjerne skal arbejde hårdt, når du løser dem. Du skal både huske, løse et problem og skrive det ned.

Der er mange voksne, der også laver kryds og tværs og sudoku, fordi de synes, at det er sjovt.

SUDOKU



KRYDS OG TVÆRS

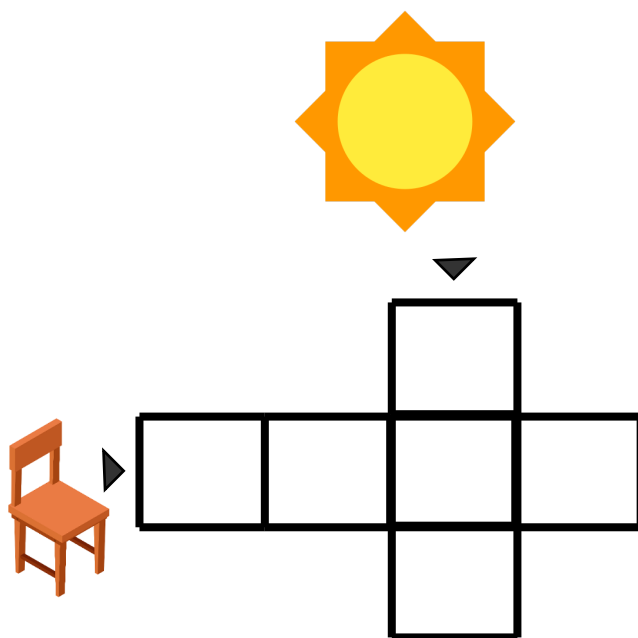
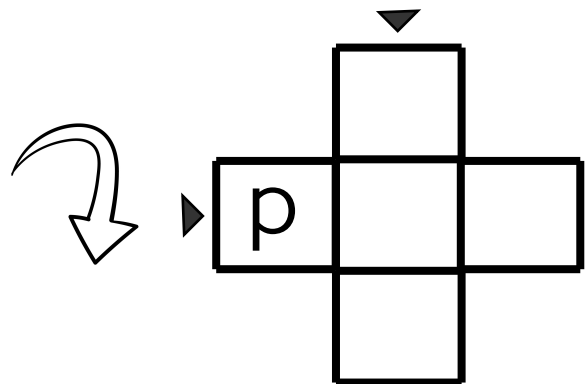
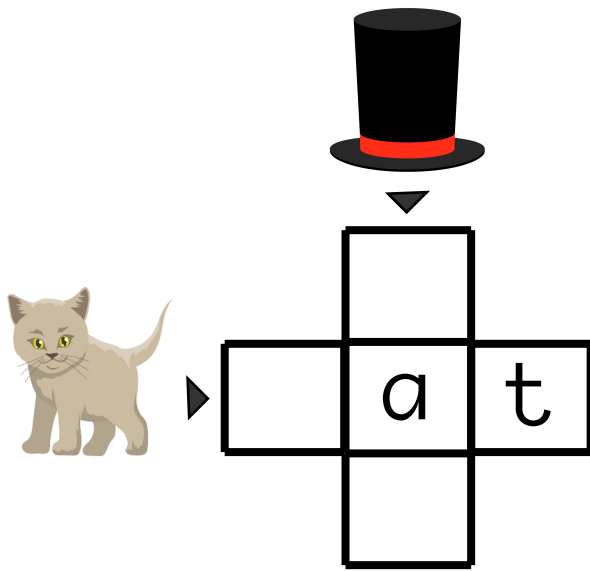


Kryds og tværs

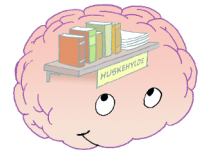


(0.-1. kl)

Skriv de bogstaver, der mangler.



Kryds og tværs



(1.-2. kl)

Skriv de bogstaver, der mangler.

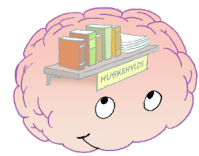
The crossword puzzle grid is composed of the following squares:

- Row 1: 2 squares (vertical)
- Row 2: 2 squares (vertical)
- Row 3: 6 squares (horizontal)
- Row 4: 7 squares (horizontal)
- Row 5: 2 squares (vertical)

Illustrations and their corresponding starting points in the grid:

- Seal: Above the first square of the vertical column.
- Glass of water: To the left of the second square of the vertical column.
- Globe: To the left of the first square of the horizontal row.
- Clock: To the right of the fourth square of the horizontal row.
- Pencil case: Below the first square of the horizontal row.

Kryds og tværs



(2.-3. kl)

Skriv de bogstaver, der mangler.

The crossword puzzle grid consists of the following cells:

- Row 1: 5 empty cells.
- Row 2: 5 empty cells.
- Row 3: 5 empty cells.
- Row 4: 5 empty cells.
- Row 5: 5 empty cells.
- Row 6: 5 empty cells.
- Row 7: 5 empty cells.
- Row 8: 5 empty cells.
- Row 9: 5 empty cells.
- Row 10: 5 empty cells.
- Row 11: 5 empty cells.
- Row 12: 5 empty cells.
- Row 13: 5 empty cells.
- Row 14: 5 empty cells.
- Row 15: 5 empty cells.
- Row 16: 5 empty cells.
- Row 17: 5 empty cells.
- Row 18: 5 empty cells.
- Row 19: 5 empty cells.
- Row 20: 5 empty cells.
- Row 21: 5 empty cells.
- Row 22: 5 empty cells.
- Row 23: 5 empty cells.
- Row 24: 5 empty cells.
- Row 25: 5 empty cells.
- Row 26: 5 empty cells.
- Row 27: 5 empty cells.
- Row 28: 5 empty cells.
- Row 29: 5 empty cells.
- Row 30: 5 empty cells.
- Row 31: 5 empty cells.
- Row 32: 5 empty cells.
- Row 33: 5 empty cells.
- Row 34: 5 empty cells.
- Row 35: 5 empty cells.
- Row 36: 5 empty cells.
- Row 37: 5 empty cells.
- Row 38: 5 empty cells.
- Row 39: 5 empty cells.
- Row 40: 5 empty cells.
- Row 41: 5 empty cells.
- Row 42: 5 empty cells.
- Row 43: 5 empty cells.
- Row 44: 5 empty cells.
- Row 45: 5 empty cells.
- Row 46: 5 empty cells.
- Row 47: 5 empty cells.
- Row 48: 5 empty cells.
- Row 49: 5 empty cells.
- Row 50: 5 empty cells.
- Row 51: 5 empty cells.
- Row 52: 5 empty cells.
- Row 53: 5 empty cells.
- Row 54: 5 empty cells.
- Row 55: 5 empty cells.
- Row 56: 5 empty cells.
- Row 57: 5 empty cells.
- Row 58: 5 empty cells.
- Row 59: 5 empty cells.
- Row 60: 5 empty cells.
- Row 61: 5 empty cells.
- Row 62: 5 empty cells.
- Row 63: 5 empty cells.
- Row 64: 5 empty cells.
- Row 65: 5 empty cells.
- Row 66: 5 empty cells.
- Row 67: 5 empty cells.
- Row 68: 5 empty cells.
- Row 69: 5 empty cells.
- Row 70: 5 empty cells.
- Row 71: 5 empty cells.
- Row 72: 5 empty cells.
- Row 73: 5 empty cells.
- Row 74: 5 empty cells.
- Row 75: 5 empty cells.
- Row 76: 5 empty cells.
- Row 77: 5 empty cells.
- Row 78: 5 empty cells.
- Row 79: 5 empty cells.
- Row 80: 5 empty cells.
- Row 81: 5 empty cells.
- Row 82: 5 empty cells.
- Row 83: 5 empty cells.
- Row 84: 5 empty cells.
- Row 85: 5 empty cells.
- Row 86: 5 empty cells.
- Row 87: 5 empty cells.
- Row 88: 5 empty cells.
- Row 89: 5 empty cells.
- Row 90: 5 empty cells.
- Row 91: 5 empty cells.
- Row 92: 5 empty cells.
- Row 93: 5 empty cells.
- Row 94: 5 empty cells.
- Row 95: 5 empty cells.
- Row 96: 5 empty cells.
- Row 97: 5 empty cells.
- Row 98: 5 empty cells.
- Row 99: 5 empty cells.
- Row 100: 5 empty cells.

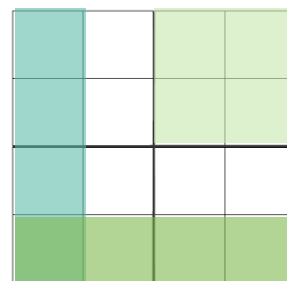
The word "mikrofon" is filled in the grid, starting from the 3rd cell of the 10th row and extending to the 9th cell of the 10th row.

Kan du selv lave en kryds og tværs på bagsiden?

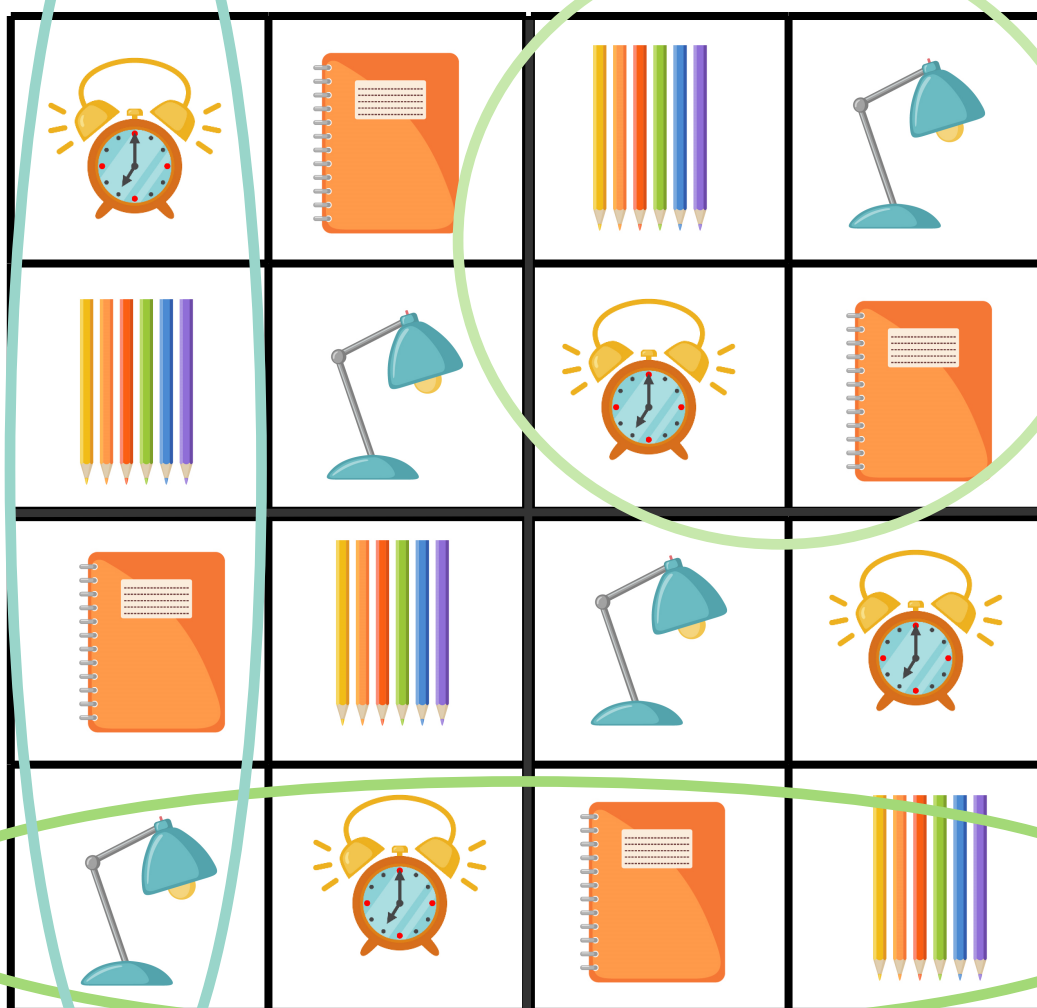
Lær sudoku

Når du løser en sudoku, er der regler. Der må ikke være samme figur indenfor samme farve eller cirkel.

- Lodret linje.
- Vandret linje
- Hver firkant

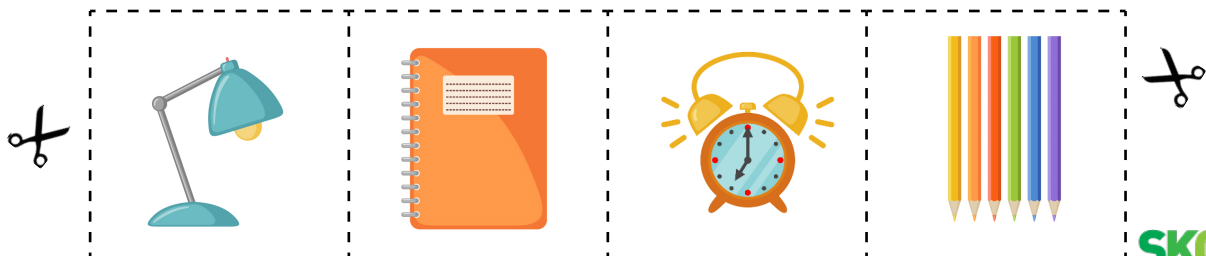
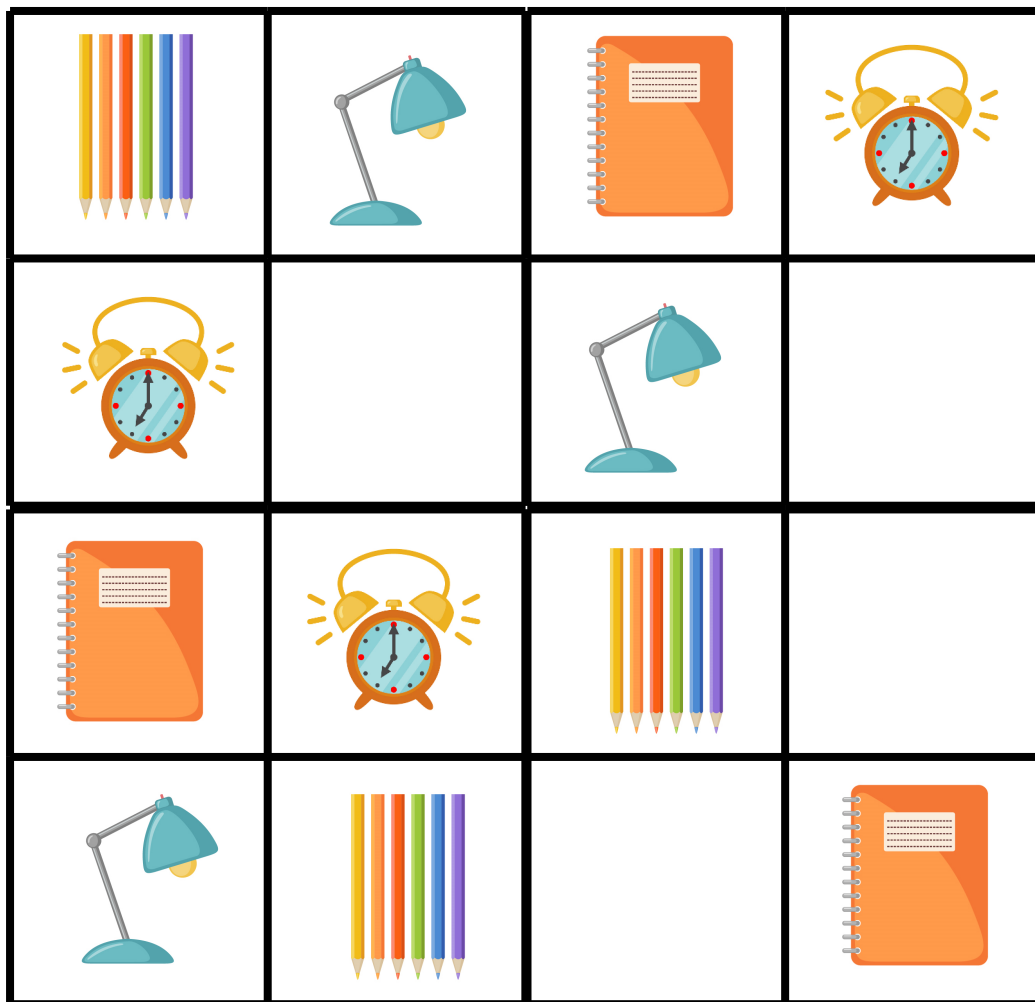
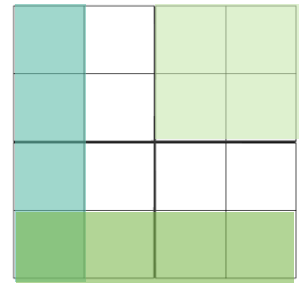


Eksempel:



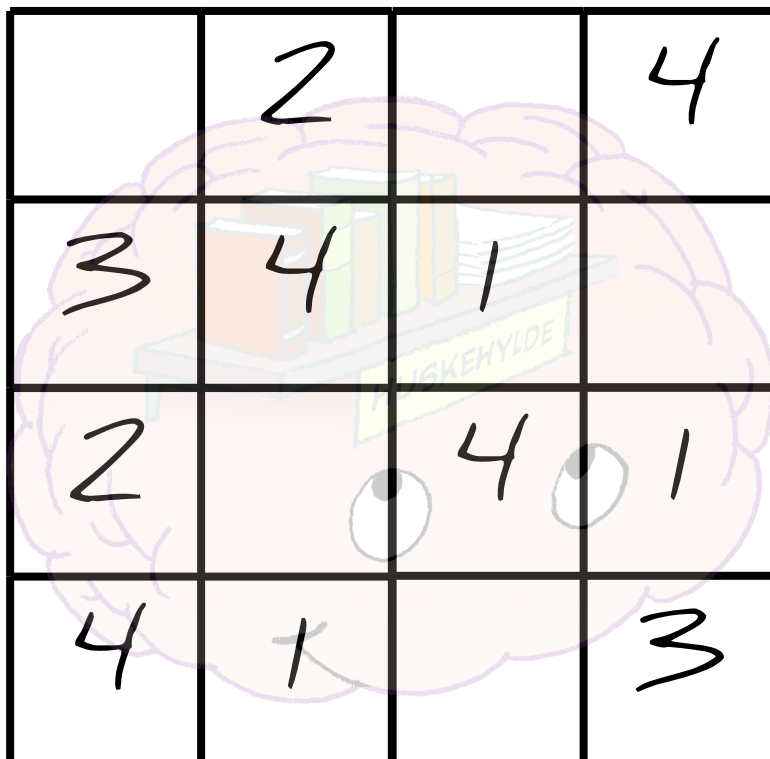
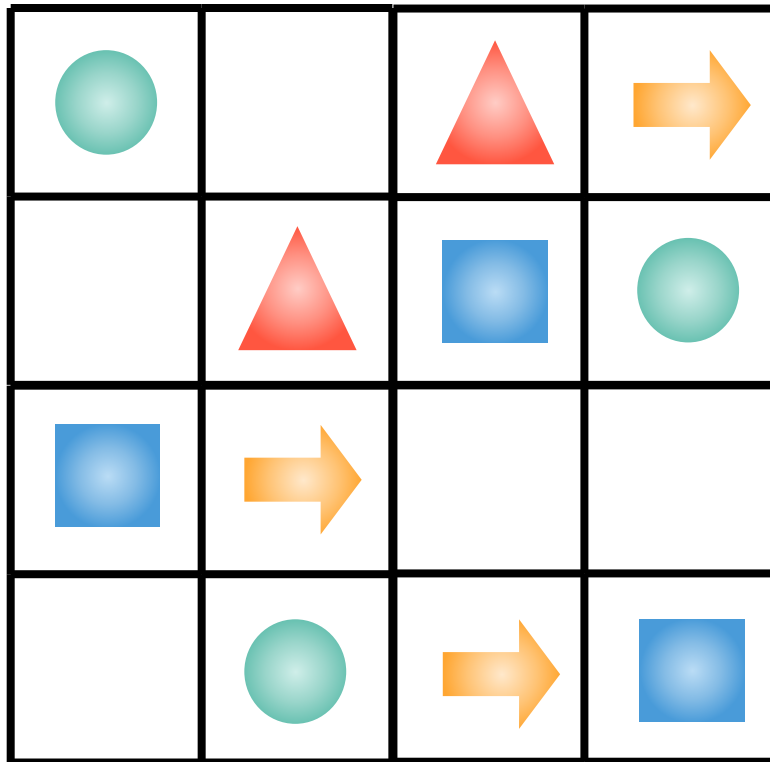
Lav sudoku

Klip brikkerne ud
og lim dem fast.

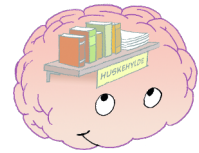


Løs sudoku

Skriv de manglende figurer og tal ind.



Løs sudoku



Skriv de manglende bogstaver ind.

A-B-C-D

A		B	C
C	B		D
	C		A
D		C	B

E-F-G-H

	F		H
G	H	E	
F		H	E
	E	F	

I-J-K-L

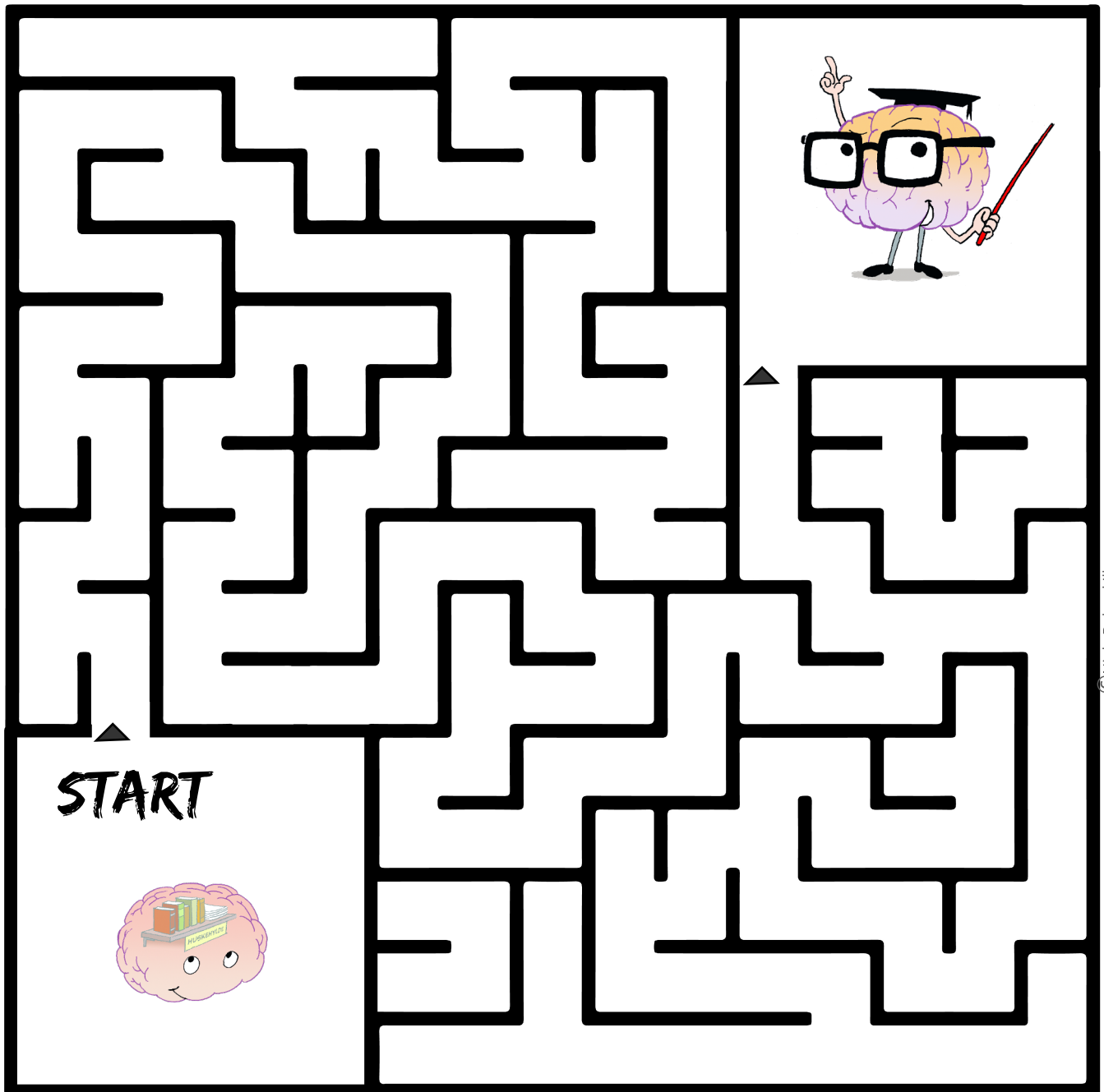
J		K	
	L		I
L		I	J
I	J		K

M-N-O-P

M	P		
		P	M
P	N	M	
O			P

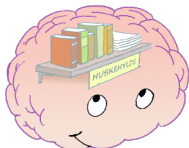
Find vej

Træn din hjerne ved at finde vej gennem labyrinten.

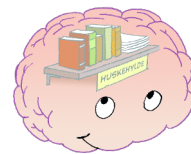


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START

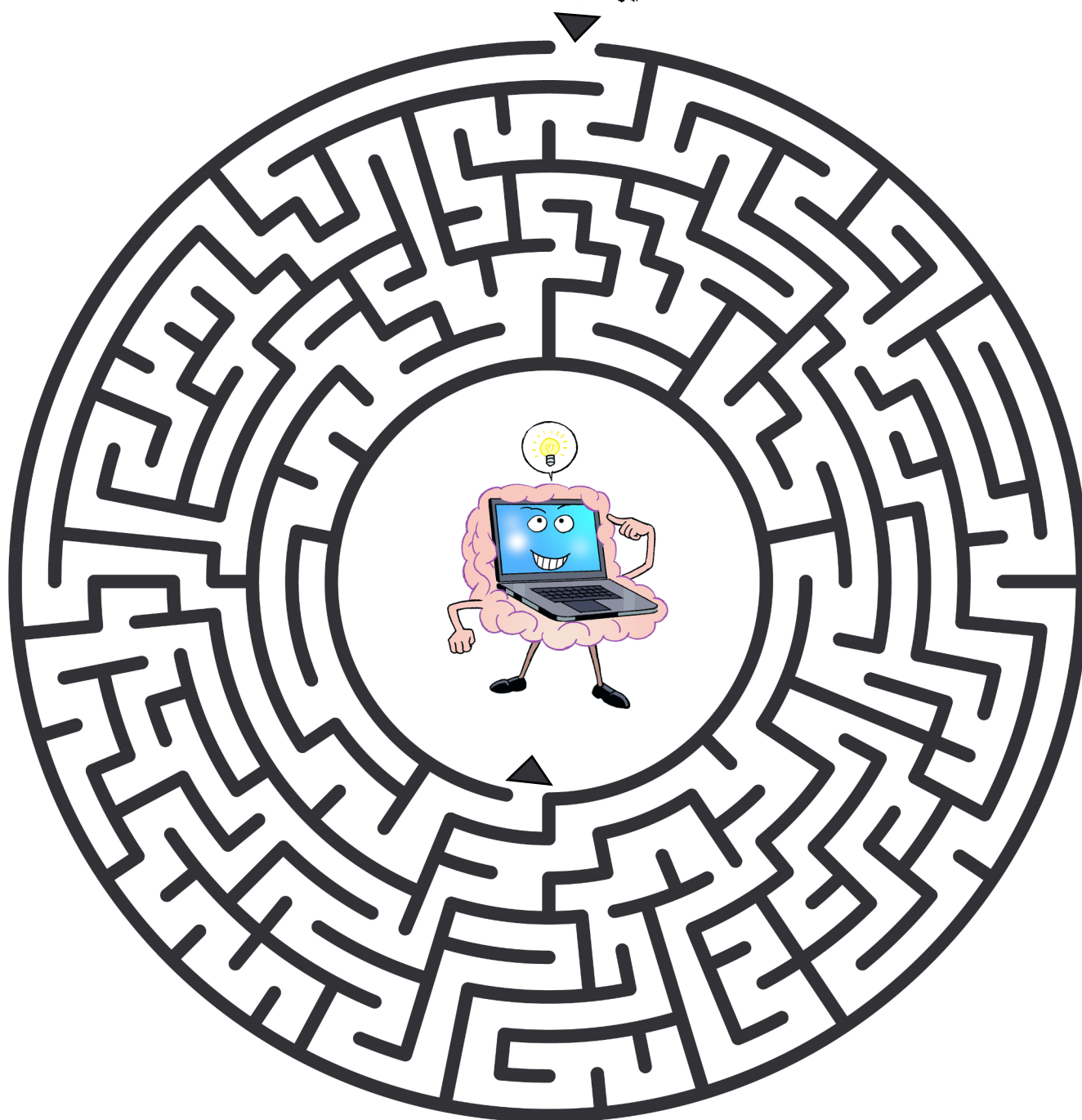


Labyrint



Find vej gennem labyrinten.

START

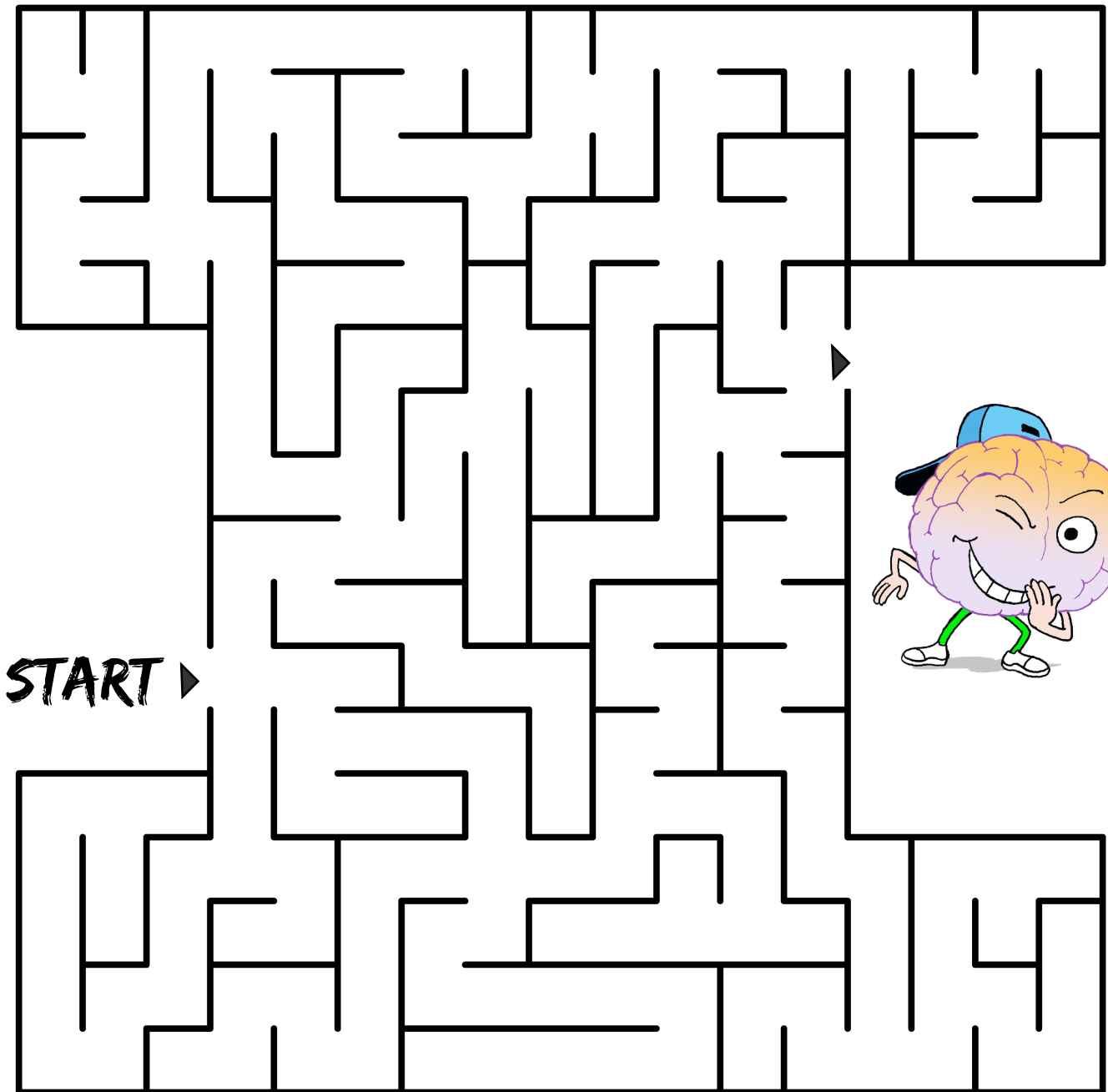


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Labyrint

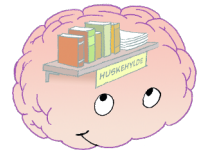


Find vej gennem labyrinten.



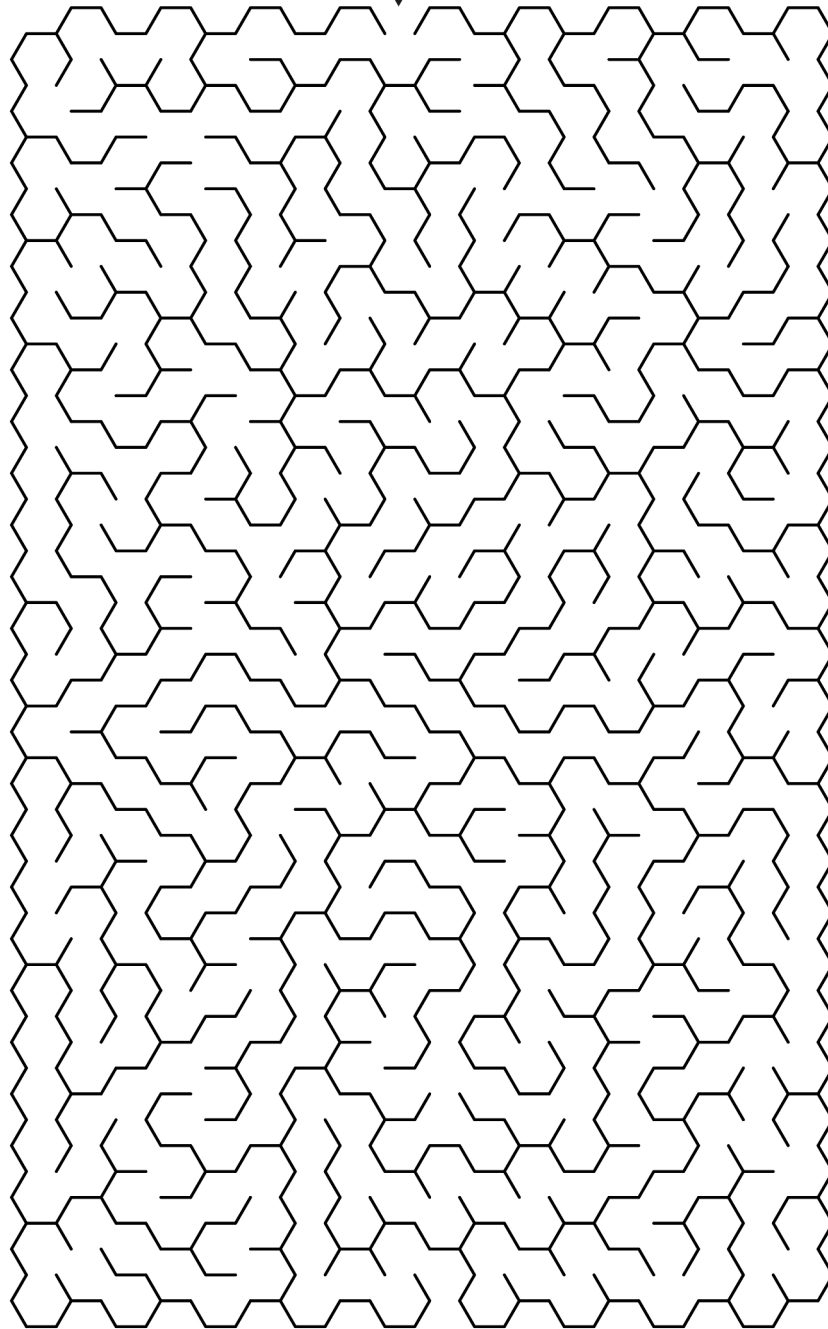
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Labyrint



Find vej gennem labyrinten.

START



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