

# Videos on Brain Training

Brain training, while a very beneficial practice for both children and adults, can be difficult to understand. We have collected some of the best resources for children on the Internet to help them understand their brains and the concept of brain training.



Our team of neuropsychologists, school psychologists, and psychology students at South County Child and Family Consultants are committed to searching the Internet and beyond to find reputable, informative, and practical tools to help parents, children, and teens learn more about brain training. We look for the best information online to help kids diagnosed with ADHD, Learning Disabilities, Executive Functioning Difficulties, struggles with Social Emotional Learning (SEL) skills, Autism, Depression, and Anxiety and provide you with information about how neuropsychological evaluations help in targeting concerns regarding brain training. Come back regularly, as the links are updated frequently.

## Videos for Children

### [You Can Grow Your Intelligence](#)

This Cartoon describes the brain as a muscle that grows over time. It also shows how study and practice can increase the number of connections in the brain that make you smarter. *Recommended for children.*

### [Challenges Grow Your Brain](#)

This short video introduces children to the powerful idea that taking on challenges can grow and strengthen our brains, and that we have the power to make our brains stronger every day. *Recommended for children.*

### [Brain Tricks](#)

Ever wonder how your brain processes information? These brain tricks and illusions help to demonstrate the two main systems of Fast and Slow Thinking in your brain. *Recommended for children and teenagers.*

### [How to Grow Your Brain](#)

This video from Khan Academy may help students see how effort and practice can improve intelligence, just like building a muscle. This video is based on the activity [You Can Grow Your Intelligence](#). *Recommended for children and teenagers.*

### [Brains At Play](#)

Watch this video to learn more about the way the brain works while at play. *Recommended for children and teenagers.*

## **Videos for Teenagers and Adults**

### [The Scientific Power of Music](#)

Find out the scientific explanation of how a simple mixture of sound frequencies can affect your brain and body. This video further explains how music relates to increased stimulation of the brain. *Recommended for teenagers.*

### [Brain Foods \(Diet & Fitness Guru\)](#)

This video explains what brain foods are as well as which foods are most effective in boosting concentration, brainpower, and energy levels. *Recommended for teenagers and adults.*

### [Brain on Exercise](#)

This video explains how exercise can improve depressive symptoms by increasing the levels of brain chemicals such as serotonin and endorphins that positively regulate mood and improve our state of mind. The video also includes tips for getting exercise during everyday activities. *Recommended for teenagers and adults.*

### [The Learning Brain](#)

This video explains the functions of our brain and how it works. Watch this video to learn more about brain development. *Recommended for teenagers and adults.*

### [Why Talking About the Brain Can Empower Learners](#)

Carol Dweck explains the power of a growth mindset and how change has the capacity to motivate people to be more successful. *Recommended for teenagers and adults.*

### [Fundamentals of Neuroscience](#)

This is an animated video that provides an explanation of the fundamentals of neuroscience. *Recommended for teenagers and adults.*