

CREDE Activity Centers: CA Challenging Activity

***Focus Question:* Are you right brain or left brain?**

Activity and product.

We come from a long history of learning which values left brain processes: logical, sequential, analytical, emphasis on accuracy, emphasis on the parts of a whole. However, many people naturally have a preference for right brain processes: creativity, feelings, aesthetics, intuition, holistic understanding.

Which are you? After looking at the dancing woman, which way do you think she is turning? If she is turning clock-wise, you tend to be right brain; if she is turning counter-clockwise, you are left brain.

Can you make her go the opposite way? Most people only see her going one way, but some can turn her and use the other side of the brain, too. Experimentation has shown that the two different sides, or hemispheres, of the brain are responsible for different manners of thinking.

Most individuals have a distinct preference for one of these styles of thinking. Some, however, are more whole-brained and equally adept at both modes. In general, schools tend to favor left brain modes of thinking, while downplaying the right brain ones.

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<http://www.theness.com/neurologicablog/index.php?p=27>

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http://www.joanwink.com/scheditems/rt-left_brain_dancingwoman.pdf