



Activity 3

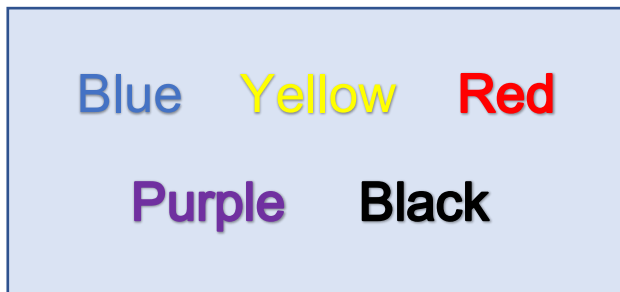
The Stroop Effect Activity

Objectives:

- Engage in activities that challenge the brain to think in different ways.
- Expand knowledge of how minds work and understand how brains can be trained to think in new ways.

Materials:

- Stroop Effect Visuals:



Steps:

1. Have the participants state the color of each word in the first graphic—in which the color and the word correspond.
2. Next have participants state the color of each word in the second graphic—in which the colors and the words do not correspond.
3. Discuss:
 - How did you feel?
 - Was this confusing for you?
 - Was it frustrating?