Activity 1

Right-Brain/Left-Brain

Objective:
- Illustrate the difficulty in engaging in left-brain (logical) activities when a person is operating under the right-brain (emotions) due to adverse circumstances or trauma.

Materials:
- Two short literary passages from a non-fiction book or article
- Noise makers (i.e. drums, bells, whistles, etc.)

Steps:
1. Ask one participant to read one of the passages without interruption.
   - Ask the reader to summarize the paragraph.
2. Ask the same participant to read another passage, this time with at least two other participants making distracting noises nearby.
   - Ask the reader to summarize the passage.
3. Discuss:
   - The distractions illustrated that it is very difficult to learn or think logically when the brain is operating out of the right hemisphere (emotions).
   - Ask reader:
     - How difficult was concentrating with all the noise?
   - Ask audience:
     - How likely is it that the students are ready to learn if they have had traumatic experiences?