



## 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?