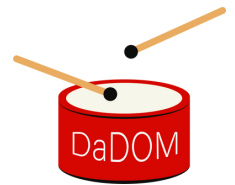


# Lesson 2 - Tips & Activities

## DaDOM online teacher training



### Activity - Music and the Brain

The goal of the activity is to demonstrate the brain's ability to multitask and its flexibility, though highlighting its limitations in maintaining multitasking over extended periods.

Begin by explaining the relationship between music, brain function, and multitasking. Discuss how different brain hemispheres are responsible for different functions; the left hemisphere typically manages logical tasks like simple math, while the right hemisphere handles more personal, creative tasks.

#### Hand mirroring:

1. Pair students up and instruct them to sit facing each other.
2. One student leads by moving their hands in various patterns and gestures.
3. The other student must mirror these movements as accurately and quickly as possible.
4. Perform this activity without any verbal interaction initially to focus purely on the mirroring task.

#### Adding complexity:

1. Continue the hand mirroring activity.
2. This time, the leading student asks questions while the other student continues to mirror the movements.
3. The students can use two types of questions:
  - a. Personal questions: to engage the right brain, ask questions like 'What's your favourite memory from childhood?'
  - b. Simple math questions: to engage the left brain, ask questions like 'What is 15 minus 7?'

#### Reflection:

After the activity, gather students for a discussion on their experiences. Discuss how challenging it was to answer questions while mirroring hand movements. Reflect on the brain's capacity for multitasking and its limits.



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