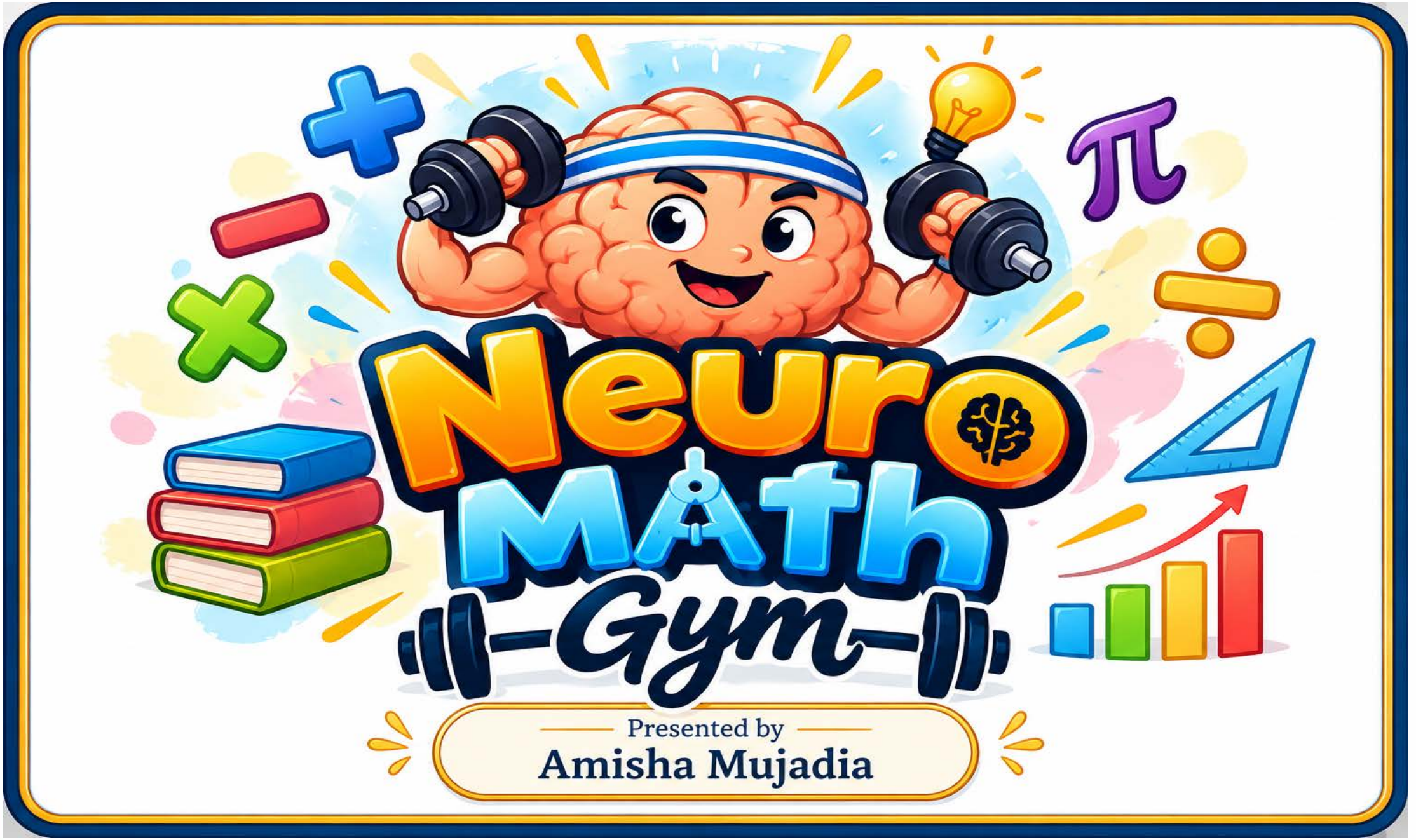
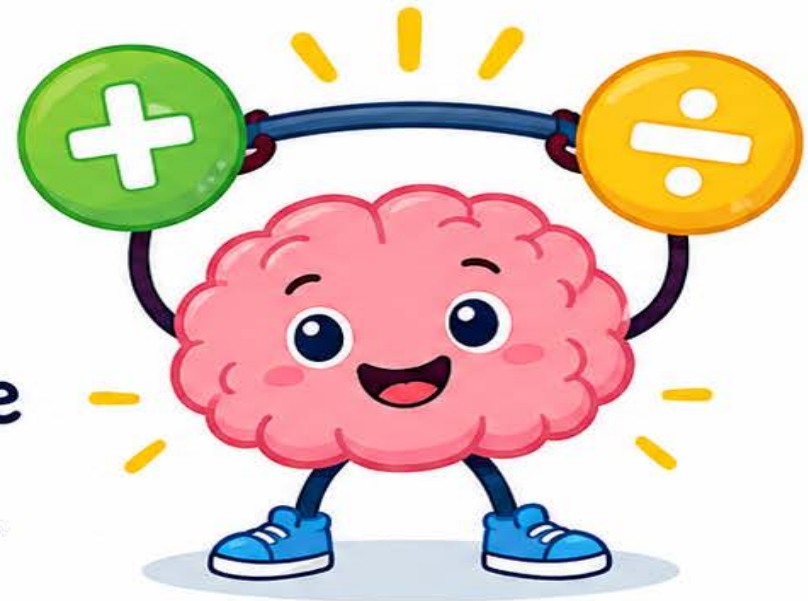

Neuro
MATH
Gym
Presented by
Amisha Mujadia

What is Neuro Math Gym?

Neuro Math Gym is a fun, activity-based approach to learning mathematics that combines maths practice with brain-training activities.



Benefits of Neuro Math Gym

Improves Concentration

Helps children focus and pay attention to mathematical tasks.

Develops Mental Calculation

Encourages children to calculate numbers quickly without depending only on written methods.



Enhances Memory

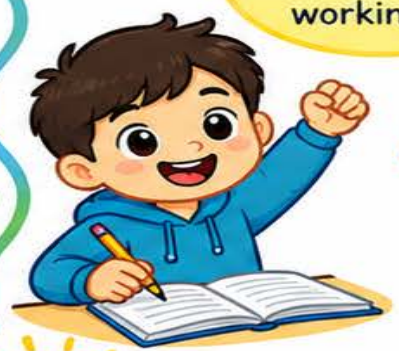
Activities involving numbers, patterns and sequences give children opportunities to use and practise working memory.

Builds Problem-Solving Skills

Encourages children to explore strategies, identify patterns and find solutions.

Encourages Quick Thinking

Fun challenges encourage children to think, respond and make mathematical connections efficiently.



1 2 3



Think • Calculate • Remember • Solve • Grow!

Neuro Math Gym Activities

Move Think Count Grow!

1 Movement with Numbers

How to play:

Assign a movement to each number:

1. **Touch your head**



2. **Touch your shoulders**



3. **Touch your knees**



4. **Clap your hands**



5. **Wiggle your fingers**



The teacher calls out numbers randomly, and students quickly perform the matching movement.

Brain skills:

- Concentration
- Memory
- Quick thinking
- Response speed

2 Jump on Numbers & Shapes

How to play:

Place numbers and different shapes on the floor.

Teacher calls:

- **"Jump on 5!"** → Child jumps to 5.
- **"Jump on the triangle!"** → Child jumps to the triangle.
- **"Jump on 3, then the circle!"** → Child follows the sequence.



Brain skills:

- Number recognition
- Shape recognition
- Coordination
- Listening
- Mental flexibility

3 Rabbit & Frog Jumps

How to play:

Create a number line on the floor, for example 1 – 10.



Rabbit:
Take 2 small jumps **backward**.



Frog:
Take 3 big jumps **forward**.

Teacher gives challenges such as:

- "Rabbit starts at 2. Jump 2 steps backward!"
- "Frog starts at 4. Jump 3 steps forward!"
- "Start at 3 and reach 8. How many jumps do you need?"



Brain skills:

- Number sense
- Counting
- Addition
- Sequencing
- Body coordination

Move + Think + Count = Exercise for the Brain!

Neuro Math Gym Activities

Think - Play - Grow!

4 Maths Traffic Light

How to play:

Use three signals:

- = Add
- = Subtract
- = Multiply





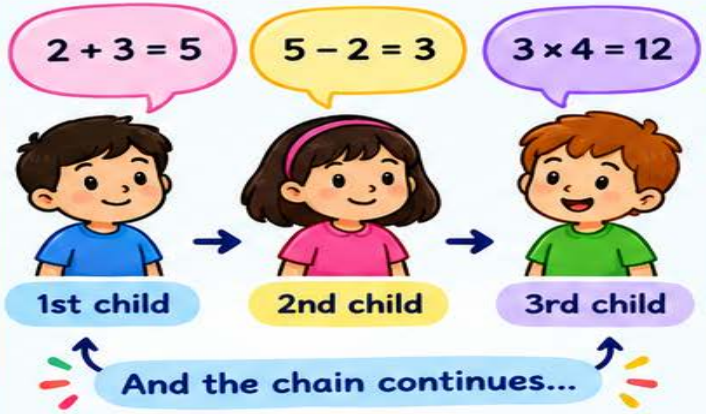
The teacher calls out a signal and the students solve the maths problem accordingly.

Brain skills:
- Quick thinking
- Focus
- Mental flexibility

5 Memory Chain

How to play:

Each child says a maths sentence and the next child continues the chain.



No writing is needed.
Just remember and continue from the last answer!

Brain skills:
- Memory
- Concentration
- Listening
- Number sense

6 Dice Brain Challenge

How to play:

Roll two dice and use the numbers to solve the given task.



Examples of challenges:
- Add the numbers
- Subtract the numbers
- Multiply the numbers
- Make the greatest two-digit number (using both numbers)
- Make the smallest two-digit number (using both numbers)
- Find the difference between the numbers

Brain skills:
- Calculation
- Problem solving
- Decision making
- Mental flexibility

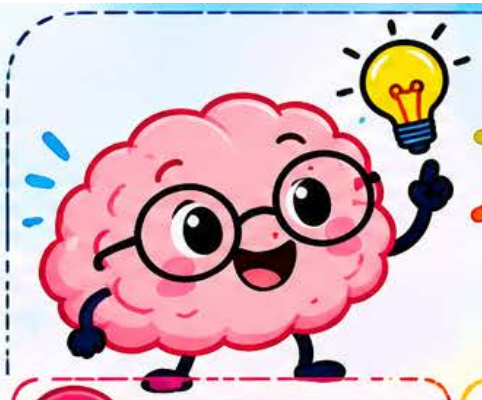
Small Steps ✦ Big Brain Gains!

Say Answers Orally



Think Calculate Speak Fast!

1. 35×35
2. 27×11
3. 68×5
4. 64×25
5. 36×99



Say Answers Orally

Use these speedy calculation methods!

Think Calculate Speak Fast!

1 35 × 35

Method

- Multiply the next numbers.
- 3 × 4 = 12
- Write 25 at the end.

Thus, 35 × 35 = 1225

Try:

- 65 × 65 = 4225
- 95 × 95 = 9025

Answer: 1225

2 27 × 11

Method

- Write the first digit (2).
- Add first and second digits (2 + 7 = 9).
- Write the last digit (7).

Thus, 27 × 11 = 297

Try:

- 32 × 11 = 352
- 45 × 11 = 495

Answer: 297

3 68 × 5

Method

- Half the number.
- 68 ÷ 2 = 34
- Put 0 at the end.

Thus, 68 × 5 = 340

Try:

- 46 × 5 = 230
- 126 × 5 = 630

Answer: 340

4 64 × 25

Method

- Half the number.
- 64 ÷ 2 = 32
- Half again.
  32 ÷ 2 = 16
- Add 00 at the end.

Thus, 64 × 25 = 1600

Try:

- 56 × 25 = 1400
- 120 × 25 = 3000

Answer: 1600

5 36 × 99

Method

- Add 00 at the end.
- 36 × 100 = 3600
- Minus the same number (36).
- 3600 − 36 = 3564

Thus, 36 × 99 = 3564

Try:

- 24 × 99 = 2376
- 67 × 99 = 6633

Answer: 3564

THE 5-MINUTE NEURO MATH ROUTINE

01 WARM UP

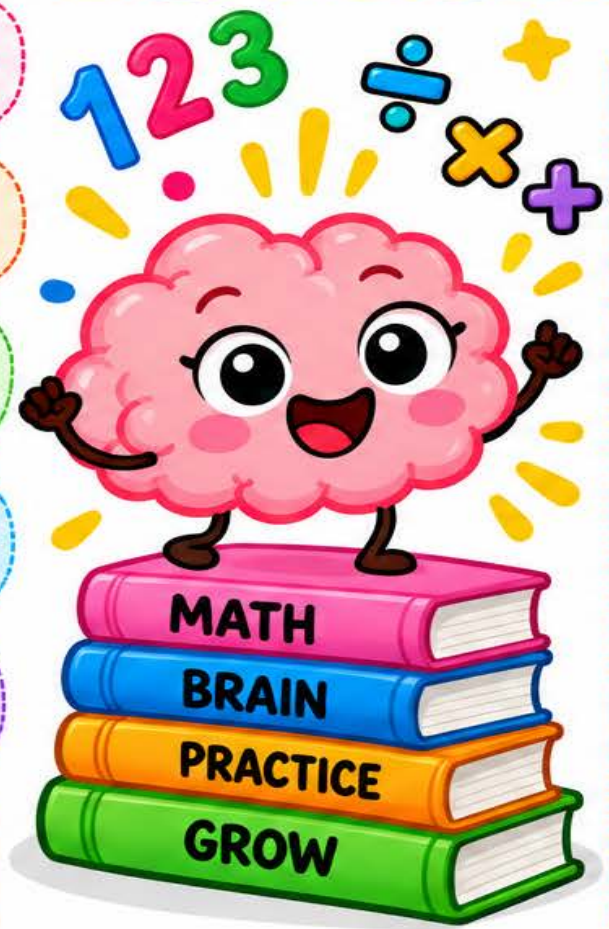
02 CALCULATE

03 REMEMBER

04 THINK

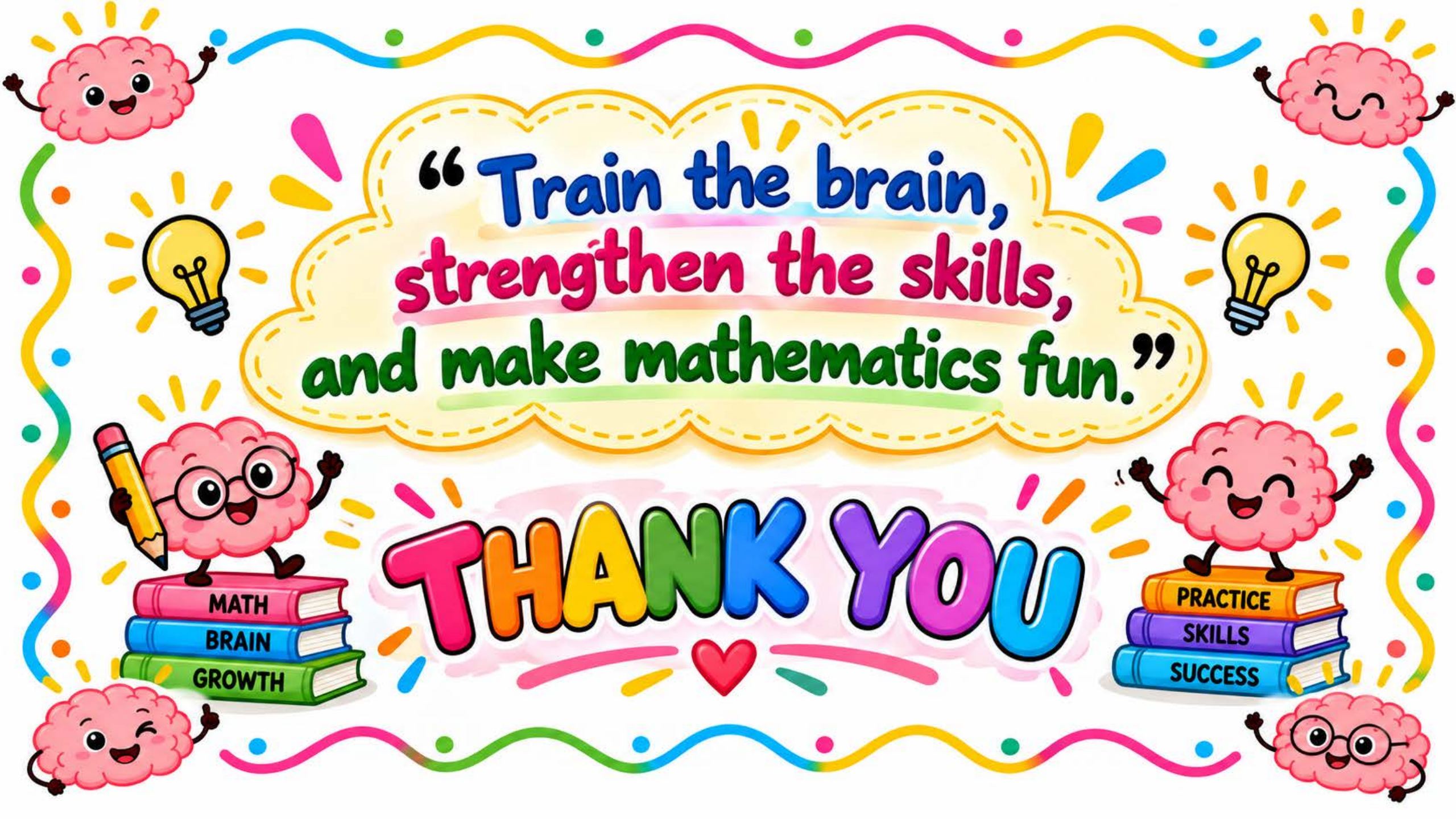
05 RESPOND

IMPACT & CONCLUSION



Neuro Math Gym develops:

- Concentration
- Number sense
- Mental calculation
- Memory & recall
- Logical reasoning
- Problem-solving
- Confidence in mathematics


“Train the brain, strengthen the skills, and make mathematics fun.”
THANK YOU
MATH
BRAIN
GROWTH
PRACTICE
SKILLS
SUCCESS