

# Brain Drainers



Brain Drainers ©R. Brodnax

By Dr. R. Brodnax C.O.E.

# Brain Drainers Bonanza!



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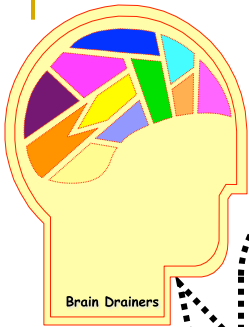
"Speaking on behalf  
of all brains,

I do need opportunities  
to drain.

I can  
"defocus-to-refocus"  
faster,

When you become a  
*Brain Drain Master!*"

This book is designed to be used as part of the training for the MESSAGE  
CCHIPS® Model of Brain Compatible Teaching for Learning, conducted by Rita  
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Remember, I need time to "defocus" from what I was doing, to "refocus" on what currently needs my attention.

It takes me 20-40 minutes to do this on my own. However, with a 3-5 minute Brain Drainer, I can defocus and refocus my attention to the task at hand much sooner than 20-40 minutes!

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