

MIGHTIER™

Muscle Memory Magic

How your brain learns, grows, and gets stronger by developing muscle memory



A lot of kids don't know this, but your brain is a very important place. It helps you to run, jump, and play. It also helps you to talk, write, read, and learn. In fact, everything that you do is controlled by your friend the brain. The brain is always working hard, day and night, to help your body keep moving.

Here is a picture of me doing something I love to do using my brain:



Your brain works really hard, but it also can develop a secret power which helps it to work better, faster, and stronger than before. That power is called **muscle memory**!

Muscle memory is developed with practice. You can tell you have built muscle memory when something is really hard for you to do at first, but then becomes easier.

Here is a picture of my brain working really hard to help me do something:



One example of building muscle memory is writing. Writing might have been really hard to do at first. You had to learn how to hold a pencil and learn what hand you should use to write with. You then had to learn letters, numbers, shapes and how to write them all! It took a lot of hard work and help from others to be able to learn how to write. It may still be tricky at times, but each time you practice it gets easier and your brain doesn't have to work as hard. That is your brain using muscle memory!

Here is a picture of me working hard and learning to write:



Muscle memory is not just for learning things at school, it is used for everything from riding your bike to learning how to brush your teeth! At first, learning to do these things was really tricky. Now, after a lot of practice, you can think of what you are going to do during the day while brushing your teeth in the morning and the homework you have to do while biking home from school. Your brain is able to remember what it is supposed to do without thinking step by step like it used to.

Here is a picture of me doing something that uses muscle memory:



I like to think of building muscle memory like taking your brain to a brain gym. Imagine your brain going to the gym and doing push-ups or sit-ups every time it tries to learn something new like writing or riding a bike! Every time you practice, your brain does another push-up or sit-up, and what you are learning gets easier and easier until you can do it without working so hard.

You can even build muscle memory to control your big emotions more easily. Do you believe me?

Write or draw how you think muscle memory can help you control big emotions:

Just like the riding a bike, we need to practice calming down and controlling our emotions in order to have it become easier for us. Sometimes our bodies feel out of control and it can be really hard to calm down. We can feel anger, sadness, and worry all through our body. This can sometimes lead to us making some choices that we feel sorry about later. It can be really hard to notice when we need to calm down.

Here is a picture of a time my body felt a big feeling and I made a choice I did not feel proud of:



But, if we can practice calming down when we feel upset, angry, worried, or other big feelings, it will be like all the other skills we talked about. It will become easier.

You can practice these skills using Mightier! While playing, you practice bringing your heart rate up and your heart rate down using calming skills like deep breathing or line tracing. If you do this over and over while playing your favorite Mightier games, your brain will start to understand your body a little bit better. It will understand that when your heart rate goes up into the red that you have to calm down to go back down to the blue to keep playing.

Here is a picture of me playing Mightier and practicing my calming skills:



Your brain is really amazing! If you keep practicing your skills in the games, you will be training your brain to not just calm down in the Mightier games, but in real life too! You will build muscle memory for your calming down! After lots of practice, just like learning to write or ride a bike, you will be able to not get so angry, sad, or worried. When you feel a big feeling, your brain will know what to do and it will help you before you have to think twice. It will come in with its powerful new calm down muscles and it will help you to calm down before it is too late.

**Here is a picture of me using a calming skill at home, at school, or
with my friends:**



All you have to do is keep playing and you will build a brain full of lots of new skills!
With practice, your brain will be able to help you feel mightier and stronger than
ever before!

Here is a picture of me feeling confident and strong:





For more information around building muscle
memory and developing skills to calm big emotions
visit www.mightier.com