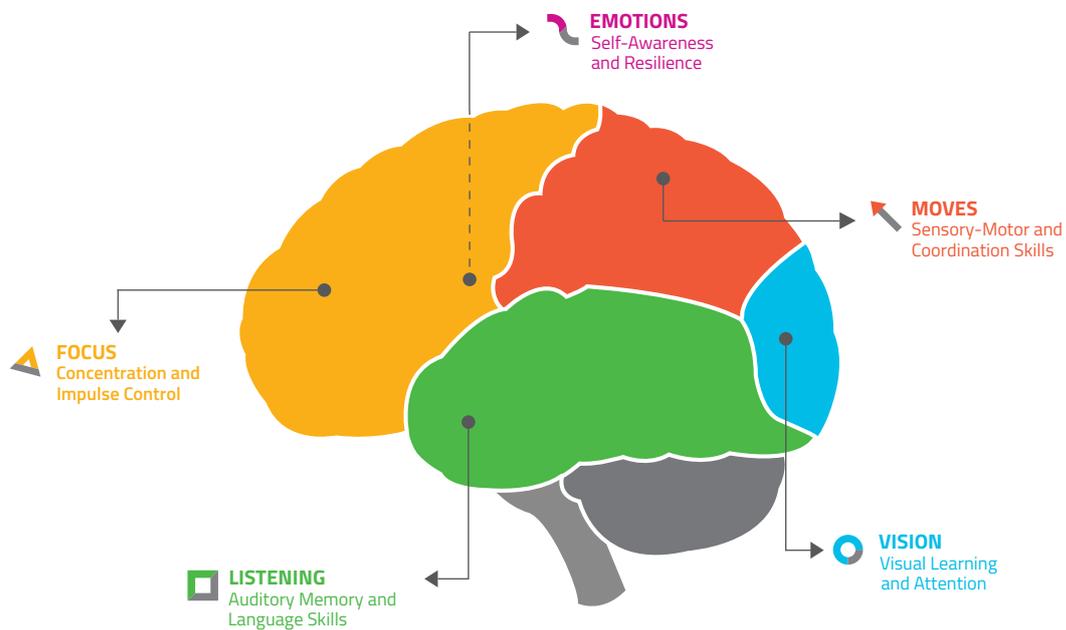


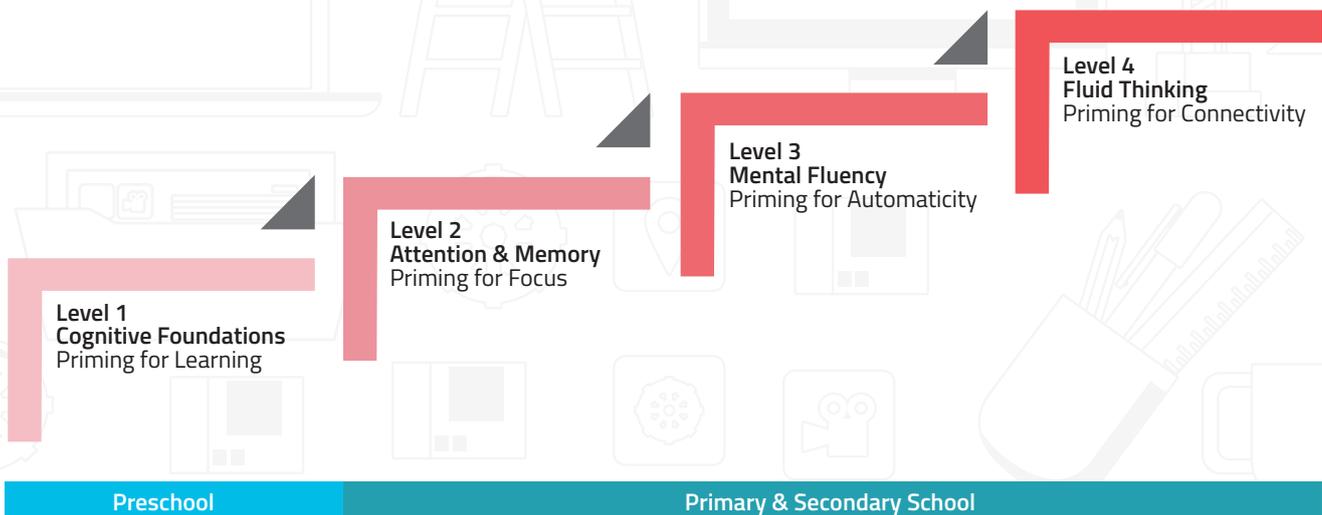
# SMART Workout®

## A WHOLE-BRAIN COGNITIVE TRAINING PROGRAMME FOR SCHOOLS

SMART Workout® is a cognitive and mindset development programme resulting from close to two decades of research and implementation of cognitive skills training in students. It uses a proven science-based approach that includes programmes developed and validated by research from Harvard, Stanford and MIT.



Cognitive skills are distinct from (yet foundational to) school readiness and academic success. Strong working memory, cognitive self-control and attentional skills provide the basis upon which students can effectively and efficiently master the content areas of reading, writing and computation.



## FOR STUDENTS

- Profiling of students' cognitive skills using CogMAP™, a standardised cognitive assessment, accompanied by detailed reports including strategies to support learning.
- Fun, interactive and personalized physical and mental exercises, as well as emotional coaching targeting all areas of learning processes, namely:



### MOTOR

Important for good posture and focus while learning.



### AUDITORY

Important for language, reading, comprehension and writing development.



### EMOTIONAL

Important for self-regulation, positive mindset and social success so students can thrive in school.



### VISUAL

Important for Math and Chinese learning, as well performance in visual arts subjects.



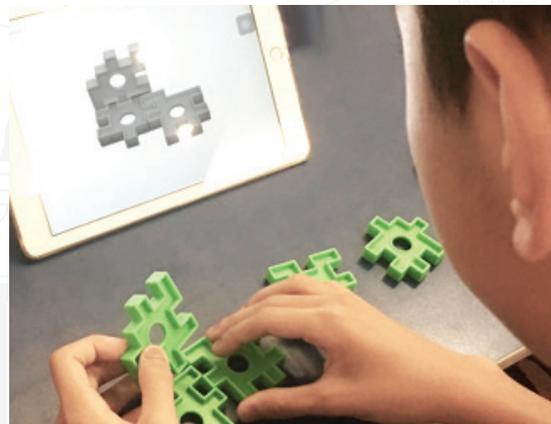
### FOCUS/MEMORY

Important for grasping, processing and recall of taught material.

- Programme can be implemented either as part of the school curriculum delivered by Teachers, or for selective students as an after-school programme delivered by BrainFit®'s coaches.



SMART Listening



SMART Vision

## LESSON 2

### COMFORTABLE AND UNCOMFORTABLE FEELINGS

There are two main types of emotions that you experience – feelings that cause you to feel comfortable or feelings that cause you to feel uncomfortable.



SMART Emotions

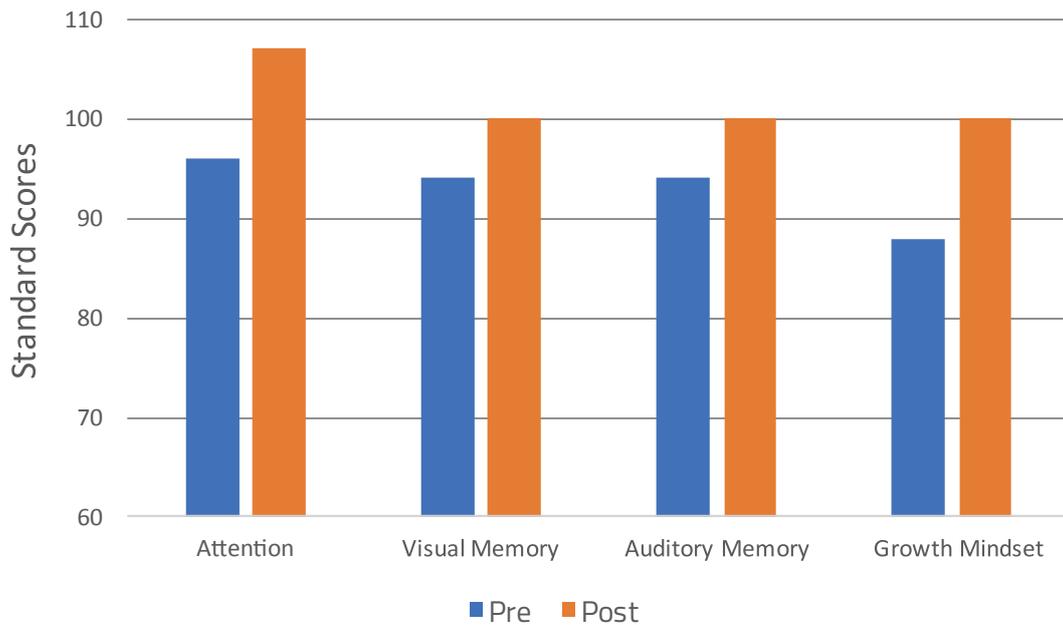


SMART Moves

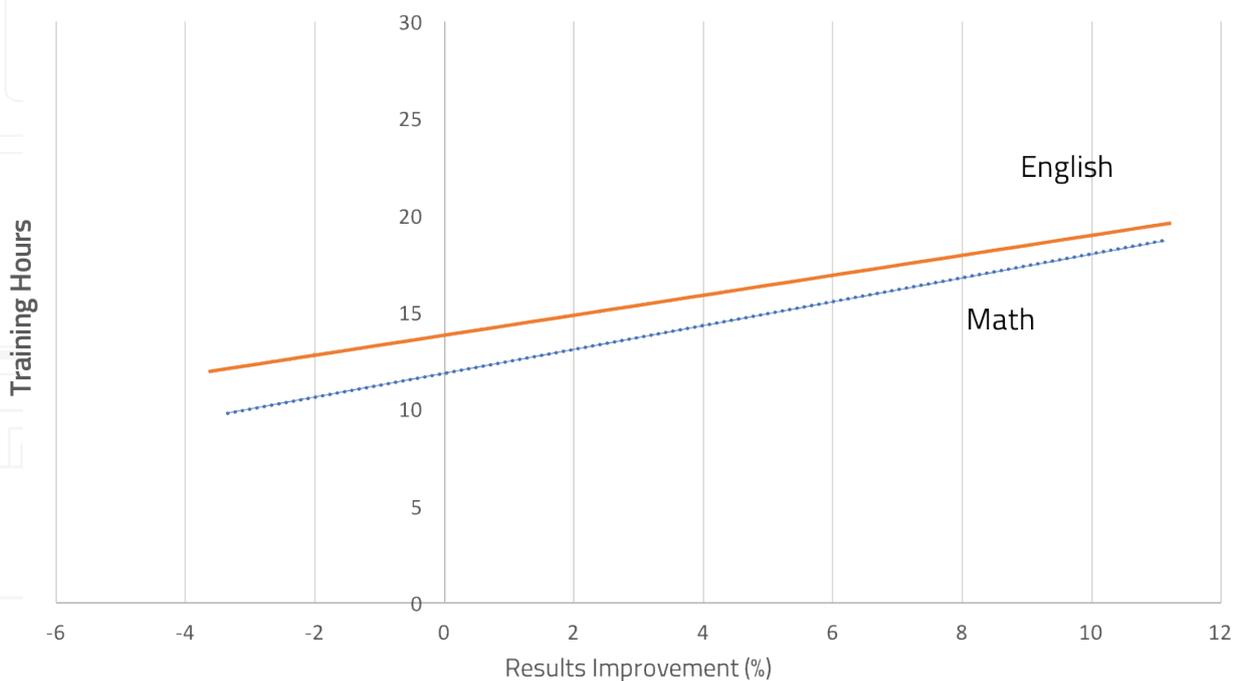
**RESULTS**

Examination results of 7 classes of Primary 2 students (207 students) revealed a positive correlation between number of training hours and percentage improvement in English and Math scores.

**CogMAP™ Scores  
(Cognitive Assessment)**



**Training Hours vs Results Improvements  
(207 students)**



## FOR TEACHERS

Professional development (PD) for teachers in the understanding and implementation of brain-based learning approaches in the classroom. These training workshops can be customized to the school's needs, from short one-hour introductory workshops to our full 15-hour PD programme.



## TEACHER RESOURCES

- SMART Moves structured exercise videos for students.
- Growth mindset teaching resources.
- CogMAP™ reports to understand students' cognitive profiles.
- Classroom strategies for students based on their cognitive profiles.
- Cognitive training progress reports.

As a brain specialist since 2001, BrainFit® helps individuals understand how they learn and help them accelerate their learning capabilities. BrainFit® currently delivers brain training programmes through its 20+ studios and 50 partner schools located in 9 countries.

Need more information?  
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