



What Happens in Your Brain:

Screens vs. Books

Screens	Books
<ul style="list-style-type: none">• Your eyes move fast	<ul style="list-style-type: none">• Your brain lights up all over
<ul style="list-style-type: none">• Your brain gets quick bursts	<ul style="list-style-type: none">• You create pictures in your mind
<ul style="list-style-type: none">• You watch, not think	<ul style="list-style-type: none">• You think deeply
<ul style="list-style-type: none">• Thinking stays on the surface	<ul style="list-style-type: none">• You build strong vocabulary
<ul style="list-style-type: none">• You don't have to imagine	<ul style="list-style-type: none">• You feel the story
Brain message: "I'm being entertained!"	Brain message: "I'm growing stronger!"

Books Build Your Brain
Screens Entertain Your Brain

Both can be fun... but reading makes you a stronger thinker!