








What Happens in Your Brain: Screens vs. Books

Screens

When You're Watching
a Screen...



-  Your eyes move fast
-  Your brain gets quick bursts
-  You don't have to imagine
-  Thinking stays on the surface
-  Your brain can feel tired or distracted

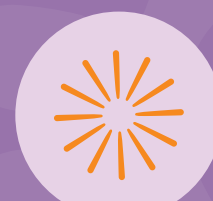






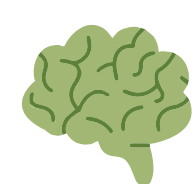
Brain message:
"I'm being entertained!"

Books

When You're Reading...



-  Your brain lights up all over
-  You create pictures in your mind
-  You think deeply
-  You build strong vocabulary
-  You feel the story



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!