



# What Happens in Your Brain:

## Screens vs. Books

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