

Left and Right Brain Thinking and Learning

The Left Brain

The left-side of the brain is considered to involve logic, language, and analytical thinking. The left-brain characteristics include details such as these:

Focus on details

- Prefer to start with small details that build into the bigger picture.

Small muscle control

- More ease using the **small** muscles of the fingers, toes and wrists.

Verbal Communication

- Focus is on the use of words in language, and how they are written, spoken and heard.

Literal Language

- The words, spoken or written, mean exactly what they say. There is no confusion.

IQ – Intelligence Quotient

- It's derived from standard tests of brain strength that analyse and measure such things like maths, literal language use, logic, and verbal strength.

Behaviour of Approach

- Refers to behaviour directed toward the attainment of a desired outcome.

Resilience

- Able to withstand or recover quickly from difficult conditions.



The Right Brain

The right-side of the brain is best at expressive and creative tasks.

The right-brain characteristics include details such as these:

Focus on the big picture

- Prefer to start with the bigger picture before building on the smaller details.

Large muscle control

- More ease using the **large** muscles in the arms, legs, torso, and feet.

Non-Verbal Communication

- Focus includes facial expressions, body posture, gestures, eye movement, touch and the use of space

Figurative Language

- Words will use metaphors, similes, analogies and personification to describe something.

EQ – Emotional Quotient

- It's defined as an individual's ability to identify, evaluate, control, and express emotions, and the way they relate to and interact with others.

Behaviour of Avoidance

- Refers to behaviour directed toward the avoidance of an undesirable outcome.

Overwhelm

- Life is portrayed with a strong emotional effect.

