



Mind Your Brain!

Heureka
Joy of Discovery!

The exhibition

The Mind Your Brain exhibition features many ways to take good care of your brain. The brain benefits from us using it; for example, brisk exercise, music, dance and crafts are proven to be good for the brain. The exhibition provides tips for a brain-friendly life and inspires visitors to be more active. At the exhibition, everyone can find ways to take good care of their brain.

The Mind Your Brain exhibition reminds us that we can affect how our brain is shaped. The exhibition consists of games and exercises for groups of two to five people that challenge the brain. Cooperation and interaction with others are particularly important for the development of the human brain.

At the exhibition, visitors can exercise, relax, engage in arts and crafts, play in a band and try some of the most

popular dances of all time. Brain puzzles, emotions, the senses and the significance of sleep for the brain are also featured – and the importance of laughter! In addition, the exhibition provides information about the circulatory system and its vital importance for the brain, the structure and functions of the brain and the incredible ways in which our brains evolve throughout our lives.

The exhibition has been produced in cooperation with the Finnish Brain Association's 'The Priceless Processor' project.

Our brains change throughout our lives and only get better by use. In this exhibition, you will literally mind your brain and learn how to look after it.

Mind Your Brain!

Technical features

Exhibits	25
Size	600 m ²
Ceiling height	3,6 highest exhibit (+ 1.0 m installation space)
Other requirements	Voltage 230 V
Rental period	Negotiable
Other costs	Shipping, insurance, text translations, installation of translations, installation, de-installation
Languages	Finnish, Swedish, English
Shipping	6 trailers
Availability	Kindly confirm with hop@heureka.fi

How to get started?

1. Form a group

The best way to see the exhibition is in groups of 2-5. The exhibition is suitable for visitors of all ages, and even the smallest will enjoy it accompanied by an adult. You can also visit the exhibition alone.

2. Pick up a brain

Pick up one brain from the rack for your group. Look after the brain; you will need it to use the exhibits.

3. Take a group photo

Take a group photo at the photo point and step inside the exhibition.

4. To change the language of the brain

The brain is set on English. If you wish to use the brain in any other language that has been chosen for the exhibition, you can do so by using the language stand. The language stands are available inside the exhibition. Note that the language selection is only necessary at three exhibits.

5. The exhibits

The group can visit the exhibits in any order you like. All exhibits challenge the brain in their own way.

6. Wisdom tables

More information on the topics of the exhibition is available on the wisdom tables or Heureka's website.

7. Ending the exhibition visit: the brainwash

The brain is reset at the brainwash. When you are ready, place the brain on the stand. Afterwards, return the brain to the rack. Thank you!

The poems

The poems for the exhibition were written by author Laura Ruohonen and translated into English by Outi Kainulainen.



AT04 Nerve forest magic

"The tiniest thing that affects your nerve has a nervous effect that makes YOU swerve!"

Did you know this about the brain? You can learn more about fun facts at the No Brain, no pain station.

This is the entrance to the exhibition.



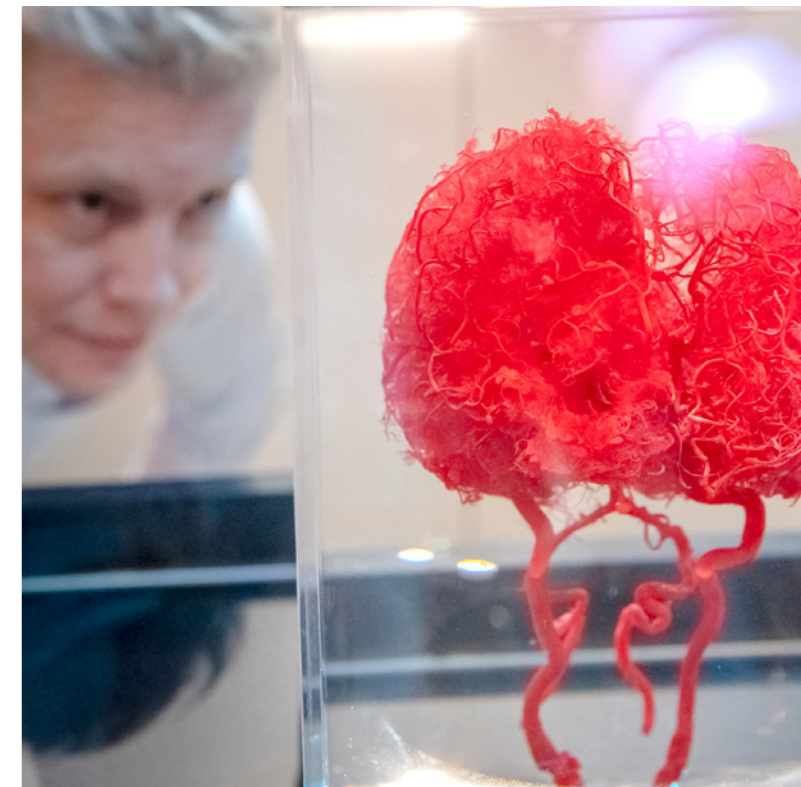
AT05 The Structure of the brain

Look at the beautiful brain model made from colourful fabric and learn more about the different parts of the brain and the specific functions.

AT06 Real brain blood vessels

The brain vessels shown in the exhibit used to belong to a person who donated his body for the education of medical professionals and the public. Many donors emphasise that in this way they can continue helping others, even after they are gone. The donations help us understand the human body like no other method. We also learn things that only doctors knew about previously. Therefore we want to give thanks to the donor of this exhibit.

This plastinate has been manufactured at the Gubener Plastinate GmbH in Germany.

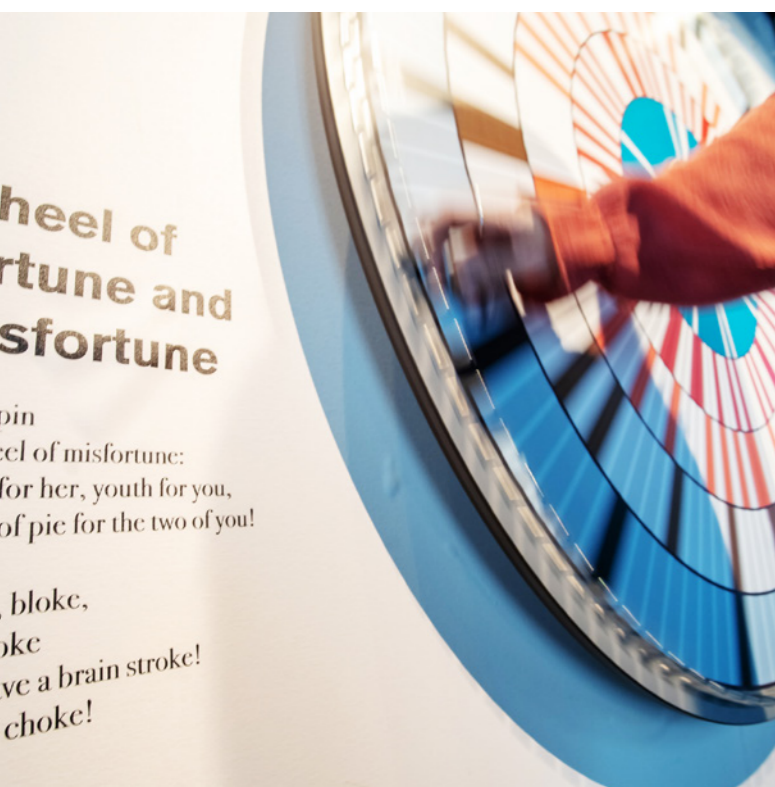


AT07 Brain sensation!

Pump blood into the large brain circulation model by rocking the seesaw.

Even a short interruption in the blood flow to the brain affects our functions and a few minutes' disruption in the blood flow may cause permanent damage to the brain. However, the blood vessels in the brain have a remarkable ability to ensure a steady blood flow in exceptional situations. Alternative routes are offered for the blood to keep flowing in the brain. If one of the main arteries in the brain becomes blocked for some reason, the blood can reach the area it is supposed to go to by taking another route.





AT08 Cerebral stroke / Wheel of fortune and misfortune

At this exhibit, four people talk about their lives and how they have managed after a stroke. You can also learn about the factors that increase the risk of stroke by turning the wheel of fortune and misfortune.



AT09 Risky wreckspedition

In this game, you can protect your brain against risk factors and give your brain things that are useful and important for its wellbeing. Brisk exercise increases the blood flow in the brain and in this way helps create new brain cells. Even moderate exercise protects the brain against the signs of aging.

AT10 Let's dance everybody!

Here you can try popular dances from different periods of time.

Dance has a powerful effect on shaping the brain. Dancing combines two things that increase wellbeing: exercise and music.



AT11 Jungleworm

Chase the light worms in the jungle.
See if you can catch them all!

Movement is crucial for the normal development of the brain. When we move, our brain receives more blood and oxygen.





AT14 Lily pond

Here you can relax together as a group.
It will be a rewarding shared experience.

Relaxing is about resting, refreshing your mind
and listening to your own feelings and thoughts.
Everyone can choose their preferred method of
relaxation.

AT16 Mutual music

Here your group can see what it is like
to play together – even if you have never
played an instrument before.

Playing together improves concentration,
attention and social skills. Music helps us
regulate our feelings and build a sense of
togetherness – throwing yourself into music
and succeeding together with others gives
pleasure that develops the parts of our
brains linked with the ability to experience
and express emotions.



AT15 Head office's handsomely handy handbook on handicraft

Here you can contribute to making a large piece
of handicraft by using any technique you wish.

Making things with your hands is essential for the
development of the brain. Handicrafts, such as
knitting while watching the television, helps us
relax and calm down an overexcited mind.

How many rotations can you make?

AT20 Fine dining

You are now invited to sit down for
various meals.

The biggest favour you can do to your brain
around a dinner table is to eat together with
others. Having a meal together with family
and friends may seem difficult to arrange
because we are all too busy, but it is worth
the effort. Spending time together with
others makes us happier.





AT22 Brain asks, body replies

Come and colour in your emotional chart! Emotions are felt throughout the body. Watch the video and think, where do you feel different emotions? Colour that area on your body. In the end, you get to compare your emotions charts with others.

AT26 Dreamscapes

At this exhibit, you can clean up and reorganise your memory so that it becomes clearer.

Sleep is a highly active time of the day for the brain, even if you may not be aware of it because you are asleep. Sleep is a vital pit stop, in which the body and especially the brain recover from the time we are awake.



AT25 Time stands still on the tip of the tongue

At this exhibit you can pamper your brains with some dark chocolate and relaxation. Sit down, lean back and let the speaker take you on this mindfulness journey!

Mindfulness means the ability to live in the moment. It is a state in which we simply accept the different sensations and emotions in our body and mind. Mindfulness helps us relax our bodies and minds and it can be practiced in many ways. knitting while watching the television, helps us relax and calm down an overexcited mind.

How many rotations can you make?

AT27 Path of light

Your group can try problem solving by directing the rays of light to the goals with mirrors.

You can slow down the effects of aging by challenging your brain with cognitive tasks, which are tasks that require the processing of knowledge.

Problem solving in a group is often more efficient and fun, and it also develops the areas of the brain that are needed in human interaction.





AT28 Blockhead paradise

At this exhibition, you can try assembling a cube on two different surfaces. The colour of the surface will help you get started.

The Soma Cube is a puzzle comprising seven different pieces. The pieces are supposed to form a large cube made from $3 \times 3 \times 3$ smaller pieces. Each piece is made of three or four smaller cubes that have a bend or a corner. The puzzle can be resolved in 240 different ways, excluding the solutions that are practically identical except for standing on a different side.



AT29 Brainfart

At this exhibit, groups can play a memory game in which the players must memorise a melody and repeat it by sitting on whoopee cushions in the correct order.

Memory is a tool for bringing back past experiences to mind. All intellectual activity is based on memory. Without memory, you would not be you, because you would not remember your past or who your family and friends are. Without memory you could not speak or understand a language, find your way home or even remember that you have a home. Memory is an essential tool for us to survive our daily lives.

AT31 Miss it and catch

At this exhibit, you can experiment with the plasticity of your brain through prism glasses.

The prism adaptation is an example of a simple experiment that shows how the brain is a dynamic organ that changes constantly.



AT33 No brain, no pain

WISDOM TABLES give you more information on the topics of the exhibition. They are available on the wisdom tables or Heureka's website.





AT37 Recipes for a good life

What is your recipe for good life? Share it here with other visitors.



AT38 Ice-cream tongue-freeze

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