

FACT SHEET

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Brain Age™ : Train Your Brain in Minutes a Day

Format:	Nintendo DS™
Launch Date:	April 17, 2006
ESRB:	E (Everyone)
Game Type:	Mental Training
Players:	1-16
Developer:	Nintendo
Special Features:	DS Download Play

KEY INFORMATION

Give your gray matter the workout that it needs to stay sharp and focused. *Brain Age: Train Your Brain in Minutes a Day* is inspired by the research of Dr. Ryuta Kawashima, a prominent Japanese neuroscientist. His theories revolve around keeping brains stimulated by performing mental activities quickly.

- *Brain Age* is a series of exercises designed to give brains a workout. Activities include performing math problems, counting people going in and out of a house, drawing pictures on the touch screen and reading classic literature out loud.
- When users start a new game, they will take a series of tests that determine their brain age within the game. This number is called the “DS brain age.” As the player uses the software over a series weeks and months, their ability to perform the exercises will improve and their DS brain age will decrease. Progress is charted in graph form.
- Users can keep up to four save files on one game card. Sharing a game allows them to compare their results with those of family and friends. Users also can send a demo version of *Brain Age* to friends or compete with up to 16 players in a battle to see who can solve math problems the fastest.
- *Brain Age* also includes more than 100 sudoku puzzles, which are among the most popular types of brain-challenging puzzles in the world.

How to progress: When users first start a new game, they will be given a Brain Age Check that determines the age of their DS brains. Each day, they can compete for the high score in any activities that they have unlocked. They also can check the age of their DS brains once per day. The more training they do, the more activities they will unlock. *Brain Age* is designed to be played in small chunks over a long period of time and can hold data from a year of activity.

Special powers/weapons/moves/features: If users send their friends a wireless demo or have multiple people playing on one game card using DS Download Play, they can compare their scores to see who has the lowest DS brain age.

Brain Age is played with the DS turned sideways to make it feel more like a book.

Activities:

Sudoku – Use logic to fill in missing numbers on a grid.

Syllable Count – Count the syllables in well-known phrases.

Reading Aloud – Read classic literature as fast as possible.

Stroop Test – Say the names of colors as they appear.

Word Memory – Memorize words that appear on screen.

Speed Counting – Count to 120 as fast as you can.

Connect Maze – Draw lines to connect letters and numbers in alphabetical and numeric order.

Calculation – Perform simple math problems quickly.

Head Count – Count people as they enter and exit a house.

Triangle Math – Solve math problems in a certain pattern.

Low to High – Memorize the position of numbers, then touch them in order from lowest to highest.

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