**Brain Lateralization Intro.**

**Are you Left or right brained?**

**DON’T BE SO SURE**

**First do the handedness inventory at** [**http://hunternuttall.com/resources/handedness/**](http://hunternuttall.com/resources/handedness/) **Search google handedness test and it should be the 4th or 5th one down.**

**Then do the test at** [**http://www.brainmapping.org/shared/Edinburgh.php#**](http://www.brainmapping.org/shared/Edinburgh.php#) **Search google handedness test and it’s the 1st or 2nd one.**

**What is your score? What kind of “hander” are you?**

**How does this compare with the rest of the population of the US?**

**Do you agree with these results? Why?**

**Then do the test at** [**http://www.brainmapping.org/shared/Edinburgh.php#**](http://www.brainmapping.org/shared/Edinburgh.php#) **Search google handedness test and it’s the 1st or 2nd one.**

**What percentile are you?**

**Where does that fall on the scale?**

**How does this compare with your first test?**

**Then do the right brain left brain inventory at** [**http://similarminds.com/brain.html**](http://similarminds.com/brain.html) **Search Brain laterialization test.**

**What is your percentage breakdown?**

**Are you left, right or mixed brain dominant.**

**What does this say about you? What are you like? What are you not like?**

**Now do this…**

1. **Imagine the center of your back is itching. Which hand do you scratch it with?**
2. **Interlock your fingers. Which thumb is uppermost?**
3. **Imagine you are applauding. Start clapping your hands. Which hand is uppermost?**
4. **Wink at and imaginary friend straight in front of you. Which eye does the winking?**
5. **Put your hands behind your back, one holding the other. Which hand is doing the holding?**
6. **Someone in front of you is shouting but you cannot hear the words. Cup your ear to hear better. Which ear do you cup?**
7. **Count to three on your fingers, using the forefinger of the other hand. Which forefinger do you use?**
8. **Tilt your head to one shoulder. Which shoulder does it touch?**
9. **Fixate a small distant object with your eyes and point directly at it with your forefinger. Now close one eye. Now change eyes. Which eye was open when the fingertip remained in line with the small object? (when the other eye, the non-dominant one, is open and the dominant eye is closed, the finger will appear to move to one side of the object.)**
10. **Fold your arms. Which forearm is uppermost?**

**How did these results compare with your earlier ones? What do you think this means in regard to handedness and brain dominance?**