Durango Discovery Museum Demos (2013)

1. Dreams/Sleep (Noelle, Emily, Garnet, Darrah): with art/drawing dreams; sleep/dream facts; sleep games
2. Music (Caleb, Alena, Miriah): mnemonic songs; making shaker instruments
3. Tricks of the Mind (Brandon, Robbie, Steph): card trick; optical illusions; Stroop color-name test
4. The Brain (Tiffany, Teri, Kristina): brain models; function of brain; brain coloring book
5. Memory (Alex, Ashley, Jessica, Dom): memory can be flawed; changing candies/order; eyewitnesses or other consequences; how to boost memory
6. Positive Psychology (Garrett, Heather, Caleb S., Audrey): bucket fillers (BB book); happiness research

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| TRICKS | Friday 3/15 from 2-3 PM |
| Music | Friday 3/22 from 2-3 PM |
| Dreams | Friday 3/29 from 2-3 PM |
| Brain | Friday 4/5 from 2-3 PM |
| Positive Psychology | Friday 4/12 from 2-3 PM |
| Memory | Friday 4/19 from 2-3 PM |

**Brain Train: Psychological Illusions**

Does your brain always know what it sees? Find out how you can be tricked by cards, optical illusions, and the famous Stroop color naming test. The goal of this demo is to show you how the things we see can be deceiving and how we can 'train' our mind to go beyond its initial perceptions and automatic responses.

**Brain Beats: Musical Learning**

This demonstration will present scientific information on music and the brain. What parts of our brains are activated when listening to and making music? Come find out at “Brain Beats” and discover how music can help us learn and remember.

**Sweet Dreams: Learning to Love Sleep**

This demonstration will introduce the health benefits of sleep while discussing the stages of sleep, the significance of dreaming, and helpful sleep techniques. Participants will answer questions, earn prizes, illustrate their dreams, and complete educational puzzles about the science of sound sleep.

**Color That Brain**

In this demonstration, you will learn about the four main lobes of the human brain: the frontal lobe, temporal lobe, occipital lobe, and parietal lobe. You will be able to experience each part of the brain up close with a take-home coloring book and four different hands-on learning exercises.

**Can-dy You Trust Your Memory?**

This demonstration will use yummy candy to help you understand that sometimes our memory does not work as well as we think it does. You will also learn scientific strategies to improve your own memory.

**Positive Psychology: Giving Happiness a Try**

Do you know what makes you happy? This demonstration will show you what scientists have discovered about human happiness. You will learn how to be a “bucket filler” using beads and how giving to each other makes us really happy! You will also be able to make bracelets out of the beads for someone that you care about.