

# BrainWare<sup>®</sup> Safari Travel Guide

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## Safari Travel Guide

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Dear Friend,

Welcome to the BrainWare Safari family! Heading off on BrainWare Safari's learning journey is an important step toward future success because the program is carefully crafted to develop the skills most critical for learning. As you may already know, BrainWare Safari is the most comprehensive program available to develop learning capacity. It is founded in science and clinical experience and supported by research demonstrating its effectiveness.

BrainWare Safari is truly the gift that keeps on giving ... as you or your child's improved learning skills accelerate future acquisition of knowledge and competencies. Even before then, however, as early as 6 to 8 weeks after beginning to use the program as recommended, you will probably start to observe some changes that reflect the cognitive development the user of the program is experiencing – from making fewer careless errors, to the ability to follow directions, to the ability to grasp concepts more easily. For more information on these changes, see page 46.

While BrainWare Safari is a serious program, it is also designed to be fun and motivating. The program's characters, animation, sound and graphics engage the user in the challenging games that will help him or her become the best thinker and learner possible.

If you are the parent of a child using the program, enjoy watching your child's pride as he or she develops new skills that will serve them for a lifetime.

Let the Safari begin!



Roger Stark  
CEO



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### Why BrainWare® Safari

The basic skills that embody our ability to learn are called cognitive skills. These are skills that enable us to understand, interpret and apply information in the world around us. Well-developed cognitive skills are essential for performing well academically or in a work environment. Underdeveloped cognitive skills get in the way of processing information and learning. Improving mental skills helps raise learning potential, leading to gains in intelligence, self-esteem, and the ability to learn subjects like math and reading.

Award-winning BrainWare Safari builds learning capacity. By strengthening children's cognitive skills comprehensively, it benefits them for a lifetime, not just for the next test, and it gives them a stronger foundation for academic and workplace success. BrainWare Safari looks like a video game – children love playing it – but unlike video games, it is founded in science and decades of clinical experience. It develops 41 cognitive skills in six areas:

- Attention
- Visual Processing
- Auditory Processing
- Memory
- Thinking
- Sensory Integration

The skills developed in BrainWare Safari were selected because they are the most critical for learning across all areas of the curriculum. A complete list of the skills developed is available in the program and on our web site at [www.MyBrainWare.com](http://www.MyBrainWare.com).

In a peer-reviewed published study, students using BrainWare Safari at home experienced over 4 years improvement in cognitive skills on average vs. 4 months for the control group, and almost 2 years improvement in academic skills vs. 1 month for the control group, after 11 weeks of use. Cognitive growth of up to 6 years has been shown in a school setting.

### How to Use BrainWare Safari

For the best results, we recommend using *BrainWare Safari*

- **30 to 60 minutes**
- **3 to 5 days per week,**
- **for 10 to 12 weeks.**

At the end of that time, players may enjoy continuing to use the program and will derive additional benefit but on a more flexible schedule.

*BrainWare Safari* is designed so that most players can work with little assistance. We have designed *BrainWare Safari* so that players can read the instructions on their own or choose to listen to the audio recording of the instructions while they follow along. Younger players may need some help understanding the instructions and may require more support and explanation as they use the program. For more information on how to provide this kind of support, see Tips for Coaches beginning on page 8.

The 20 exercises in *BrainWare Safari* may be performed in any order. The program is designed so that exercises overlap in skill development; each exercise develops multiple cognitive skills and the skills are developed in multiple exercises in different ways. It is best to keep moving around among the exercises, not getting too far ahead in any one.

Developing cognitive skills requires that the player be challenged. Some exercises or levels may be easy for one player and more difficult for another. The benefit in skill development occurs when players are working on exercises and levels they find more challenging – we call this “the sweet spot” of challenge. At times, a player may work on one level of an exercise for 10 to 15 minutes without passing it. That is to be expected. After working on an exercise for 10 to 15 minutes without passing a level, we recommend the player move to another exercise and come back to the one that he or she is finding difficult another time. Frequently, after developing the skills required in a different way

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in other exercises, the one which seemed too difficult can be successfully passed.

One of the best ways to track progress is to use the **Player Progress View** (see page 14) on a regular basis to monitor time spent on the program as a whole and on various levels. This will help you monitor that the player is using the program as you have planned, working on all of the exercises in a balanced fashion and enable you to identify areas of strength as well as areas that seem to be particularly difficult.

### Software Installation

BrainWare Safari requires that software be installed on your computer. An Internet connection is required while using the program, but not while installing the software. The CD is not needed once the software is installed.

#### INSTALLATION INSTRUCTIONS FOR A WINDOWS PC.

1. Insert the CD.  
The installer program will launch after a brief delay.  
If it does not, skip to the next set of instructions.
2. Follow the instructions as they appear on screen.
3. When installation is complete, remove the CD from the drive.

#### If the installer program does not launch automatically:

1. Double click on My Computer or select Start>My Computer.
2. Double click on the CD Drive.  
(It will be labeled BrainWare Safari 2.5)
3. Double click on the file BrainWare2.5setup.exe.
4. Follow the instructions as they appear on screen.
5. When installation is complete, remove the CD from the drive.

**Note: Vista users will have to ALLOW the program to continue.**

**INSTALLATION INSTRUCTIONS FOR A MACINTOSH  
(ADMINISTRATIVE USER)**

1. Insert the CD.  
A new window with the BrainWare Safari icon will appear after a brief delay.
2. Double click the BrainWare Safari 2.5 installer.
3. Follow the instructions as they appear on screen.
4. When installation is complete, remove the CD from the drive.

If the installer program does not launch automatically:

1. Double click on the BrainWare Safari 2.5 CD icon on the desktop.
2. Double Click the 'BrainWare 2.5 Installer icon on the CD-ROM.
3. Follow the installer's instructions as they appear onscreen.
4. When installation is complete, remove the CD from the drive.

**Note: If your Macintosh has Leopard OS and is set up with users who are not administrative users who will be playing BrainWare Safari, please contact us for special installation instructions. 866-639-1101**

**Tips for Coaches**

Parents, older siblings, teachers, tutors, therapists and others sometimes serve as coaches for players using BrainWare Safari. Here are some things for coaches to keep in mind.

- Make sure the environment is conducive to learning, including a desk area that includes a computer with an Internet connection and good lighting.
- Attaching a set of headphones to the computer may enhance the experience for the player, as some of the signals are auditory.

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- For players using a laptop computer, adding a mouse may be helpful, as some players find it easier to use than the touchpad of a laptop.
- The amount of time and intensity that your player gives to BrainWare Safari are more important than completing all the levels in all of the exercises. Finishing levels is rewarding, but rest assured that your player is benefiting from the program even when (in fact, especially when) it becomes challenging.
- Some players may need a little help to understand what is expected in an exercise or a specific level of an exercise. We recommend that you become familiar with the exercises, so you will be confident with instructions and expectations. We have provided detailed explanations beginning on page 18 to help you with this understanding and helpful hints.
- When your player is performing an exercise incorrectly, stop and make them aware of the error. You may need to **use Practice mode** to demonstrate the correct way to perform the exercise. Practice mode is described on page 16.
- Encourage your player to try different exercises, not to stick with the same one until it's done. BrainWare Safari is built on the principle of cross-training; moving around among the exercises will maximize the benefit for the player.
- It is okay for the player to move to whatever exercise he/she feels like doing next. However, it is always a good idea not to stick with the exercises the player finds easiest. Saving some "easier" exercises for a break when others become very challenging can provide a place to move to when the player needs to rebuild confidence and vary the intensity.
- Help instill the desire and will to achieve in your player. When you see your player giving effort, let them know it! Help the player view personal effort as central to their success.
- When the program gets hard for your player, that's when it's really helping to develop their skills. Be encouraging and supportive! Focus on providing positive encouragement. Convey to your player that he/she is capable of succeeding and doing well at any challenge. It may be helpful to remind your player of other times of success, and how that achievement felt.

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When your player is having difficulty with an exercise, phrases like the following can be especially helpful: "It's okay, this is hard stuff;" "I know it's hard but I am going to help you get through this;" "The more times you do this, the easier it will get."

- Sometimes it helps to suggest that the player move to another exercise for a while and then come back to the exercise that is proving difficult.
- It may be helpful to let the player say the numbers or letters out loud for some of the exercises. This is a great way to help build their working memory and their confidence.
- Don't let your player write things down as they are playing. The idea is to build their brain capacity not increase their dependence on having things written down.
- If your player has difficulty with "right" and "left" directions, have him/her work in *Iguana Lookout* before trying *Arrow Point Bridge*. Using Practice Mode in *Iguana Lookout* may help the player become more comfortable with left and right arrows. Then they'll be more ready for *Arrow Point Bridge* where the arrows disappear after they are displayed.
- *Rhythm Ribbet* is a good exercise to work on early on because it helps develop rhythm and timing skills that will be used in a number of other exercises.
- *Celebrate your player's achievements in the program – it's exciting when they pass a hard level!*

## Playing BrainWare Safari

### LOGGING IN

1. Make sure you are connected to the Internet.
2. **PC users:** Double-click on the BrainWare Safari 2.5 icon on your desktop. It looks like a llama.
3. **Macintosh users:**
  - a. From the "Go" menu, select the Applications folder.
  - b. Double-click on the BrainWare Safari 2.5 icon. It looks like a llama.
4. Enter the user name and password you were provided at the time of purchase or in a separate e-mail. If you do not know your user name or password, call 866-639-1101.
5. Press Login.

### CHOOSING YOUR SAFARI CHARACTER

The first time the player logs in, he/she begins by choosing a Safari friend, much like choosing a game piece for a board game. As the player and their friend successfully complete various challenges, the Safari friend matures in appearance to represent the growth in the player's cognitive ability

#### To choose your Safari friend:

1. Click on the Safari Corral sign.

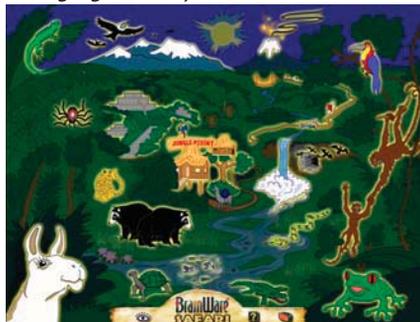
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2. Choose Billy Bear, Jackie Jaguar, Patti Parrot, or Moby Monkey to be your Safari Friend.  
*Please note – you cannot change your mind.  
Make sure you choose one you like; your friend remains with you the entire time.*
3. Choose *Back to Jungle Resort*, located on the lower left of your screen.
4. To begin playing, *Choose Back to the Jungle*.
5. After first login, you will enter directly into the Jungle.

*This picture has all the of exercise hot spots highlighted for you.*



6. Choose an exercise by clicking on one of the hot spots.  
*Exercises are described beginning on page 16.*

### PLAYING THE EXERCISES

Each level in each exercise begins by displaying the instructions. It is important that the player read and understand the instructions, because specific details about what is expected for the level will be provided.



Each instruction screen contains both an Overview and Level Instructions.

- To the left of each section is an audio  button that, when clicked, will play an audio recording of the written instructions.
- The Skills button will reveal details about the cognitive skills built in that exercise.

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### The way to play any exercise involves a few simple steps.

The exact details on what the player needs to accomplish is dependent on exercise and level.

1. Read or listen to the instructions for the level.
2. Click OK.
3. Click **Start Challenge** to begin.
4. Play the Challenge according to the directions.
5. Click **Check Answer**, if appropriate. Some of the exercises automatically check your answer. For these exercises, the **Check Answer** button is grayed out.
6. Click **Exit Exercise** to return to the jungle and choose another exercise to play.

### PLAYER PROGRESS

The Safari Progress Board in the Safari Resort lists the total number of levels completed and the number of levels until the player's Safari Friend grows.

Click on the Safari Progress Board in the resort. It will enlarge to show the details for each exercise.



Progress in each level of an exercise is found in the upper right corner of the screen. If applicable, it displays the current number of Challenge Set wins and losses



### **ADVANCING THROUGH THE PROGRAM**

Level Completion: The computer keeps track of each level a player completes. Once one level within an exercise is passed, the next level is automatically presented to the player. A player cannot go to a new level until the current level is passed. However, a player may exit an exercise and go to any other exercise at any time. When a player enters an exercise, they always begin at the level where they left off.

Challenge Sets: Exercises that require 6 out of 10 or 7 out of 10 to pass are presented as a Challenge Set. If the player makes the maximum number unsuccessful challenge attempts (3 or 4, depending on whether 6 or 7 successful challenges are required), the current Challenge Set is discarded and a new Set at the same level is presented to the player. When the player successfully completes a Challenge Set, the program will present a new Challenge Set at the next level.

Logic exercises: Llama Logic and Ancient Logic and Reasoning are different. For these exercises, each level is essentially a separate question of roughly equivalent difficulty. There are only two attempts allowed in these exercises. After two failures at the same level, the correct answer is shown and the player moves on to the next level.

### **PLAYER FEEDBACK**

After each challenge is completed, the player receives a personal message that either congratulates them on successfully completing the challenge or encourages them to keep trying when they did not correctly complete the challenge. When a level has been completed successfully, the player's Safari Friend comes out to congratulate them.

Safari Friend Growth: Progress through the program is demonstrated by the growth of the Safari Friend chosen by the player. Each animal has six stages of growth from infant to adult. As the player completes levels, the animal grows. Character growth levels correlate with the

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total number of levels of the program completed as described in the table below.

Total levels completed	Character Growth Levels
0-9	Infant
10-29	Skateboard
30-59	Soccer or jump rope
60-99	School bus
100-149	Graduation
150-168	Off to work

When a player has completed all levels of an exercise, the player is rewarded with a display of fireworks. (Note: In Llama logic and Ancient Logic and Reasoning, if the 21st level is not successfully completed, there will be no display of fireworks).

### CHANGING SETTINGS FOR THE PLAYER

The settings that can be changed include: metronome sound, voice settings (male or female voice), passwords and Whispering Waterfall word list options (see exercise description on page 35).

To change the settings:

1. Go to the Jungle Resort
2. Choose Safari Settings.
3. Choose the Settings that you want to change.

These settings can be changed at any time, even after the player has already started using the program.

### PRACTICE MODE

A player can practice each exercise level before scoring begins by clicking on practice mode right under the buttons at the top of the

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player screen. In Practice Mode, the player win is not recorded. The player must switch back to Scoring Mode to have successful attempts recorded and rewarded.



For exercises that are based on passing 6 out of 10 or 7 out of 10 challenges, switching between Practice Mode and Scoring Mode is only possible at the beginning of a level. If you decide to change to Practice mode once a challenge set is started, you may either complete the current set or exit the exercise and re-enter it.

Practice Mode is not applicable in Jungle Labyrinth, Turtle Recall, Llama Logic and Ancient Logic and Reasoning.

## Exercise Descriptions

### ANCIENT LOGIC AND REASONING



This exercise is different from most of the others in [BrainWare Safari](#). There are 21 levels to this exercise; not seven. Many of the levels have multiple parts to be answered. To be correct, an answer must have all of its parts correct. Due to the nature of the questions, the player has only two opportunities to provide a completely correct answer. If an answer is not completely correct (all parts correct) on the first attempt, the player is given a second opportunity to answer, but receives no indication as to what is incorrect. If the second attempt is also incorrect, the correct answer is shown and the player advances to the next level.

#### Playing this exercise:

- When the player has completed the puzzle, they select Check Answer.
- Each challenge level begins with a written instruction.

#### **HELPFUL TIPS FOR ANCIENT LOGIC AND REASONING:**

- Resist the urge to do all levels at once.
- One useful way to use this exercise is as a reward after passing one of the other exercises that is very challenging.
- This exercise is not timed. Don't rush through the answers. Take your time, stop and think about that the answer.

## ARROW POINT BRIDGE

*Exercise Explanation:* Can you remember the things you see, and the order you saw them? How well can you describe each? Arrow Point Bridge helps you improve both of those skills.



**A series of arrows flash on the screen** in one of three ways:

1. All arrows appear at the same time and are erased after displayed.
2. Each arrow is revealed and erased before the next one is revealed.
3. Arrows are displayed one at a time until entire sequence is displayed, then the whole group is erased.

Playing this exercise:

- The player clicks on the button that identifies the direction that each arrow pointed.
- In each level, before identifying the direction of the arrow, the player clicks 5 times to the beat on the "Click Here" button.
- To pass the level, a player must get 7 out of 10 correct.

*Note: For tips on clicking to the beat, see the hints with Rhythm Ribbet on page 33.*

Level Descriptions:

1. Two arrows pointing either up, down, left or right are displayed for 0.5 seconds. All arrows appear at once.
2. Two arrows are revealed and erased before the next one appears. They point up, down, left or right and are displayed for 0.5 seconds.
3. Three arrows are revealed consecutively. They point up, down, left or right and are displayed for 0.7 seconds. They are all erased as a group.

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4. Three arrows are revealed at once for 0.7 seconds, and then erased. They point right, left, up or down.
5. Three arrows revealed and erased consecutively appear for 0.7 seconds. These arrows are either up, down, left, right, up left, up right, down left and down right.
6. Same as level 3 with one exception. The player enters the direction the arrow would be pointing if it were turned  $\frac{1}{4}$  turn clockwise.
7. Four arrows appear all at once for 1.0 second. These arrows are either up, down, left, right, up left, up right, down left and down right.

### HELPFUL TIPS FOR ARROW POINT BRIDGE:

- Struggling with directionality? try Iguana Lookout.
- Struggling with the flashing arrows, try playing some Jumping Jaguar Flash.

## BEAR SHUFFLE

*Exercise Explanation: Do you have trouble remembering where you left your shoes? Bear Shuffle helps you picture where things are, even when you can no longer see them.*



### Playing this exercise:

- When the computer is done moving cards, the player moves the cards into an order specified in the instructions for that level.
- Cards are moved by clicking and dragging them to the desired position.
- The cards must touch each other to force them to move.
- When ready, the player selects Check Answer.

### Level Descriptions:

1. Three cards are turned face up, one card at a time and then turned down after 1 second. The player moves the cards into numerical order from left to right.
2. Three cards are displayed face down. They are revealed from left to right, one at a time for 1 second. Cards are rearranged two times. The player moves the cards into numerical order from left to right.
3. Four cards are displayed face down. They are revealed from left to right, one at a time for 1 second. The player moves the cards into reverse alphabetical order from left to right.
4. Four cards are displayed face down. They are revealed one at a time for 1 second. Cards are rearranged two times. The player moves the cards into numerical order from left to right.
5. Five number cards are displayed face down; one card at a time is turned up and remains up until all have been flipped. Cards are rearranged two times. The player moves them into reverse numerical order from left to right.
6. Four cards are displayed face down. They are revealed from left to right, one at a time for 1 second. Cards are rearranged three times. The player moves the cards in numerical order from left to right.
7. Five letter cards are displayed face down. Each is revealed for 1 second. Cards are rearranged two times. The player moves the cards into reverse alphabetical order from left to right.

**HELPFUL TIPS FOR BEAR SHUFFLE:**

- When moving the cards, they have to touch each other.
- It sometimes helpful to say the cards out loud.
- Remember don't let the player write anything down while they are playing.

**CAVE COMPARISONS**

*Exercise Explanation: Sometimes you need to look at things that seem to be the same and find what is different. Cave Comparisons helps you see what is different and what is the same.*



In each level the player has to solve a problem in visual or directional relationships by identifying what they are or by recognizing similarities and differences.

Playing this exercise:

- If a player recognizes a wrong choice before checking the answer, they can choose another option.
- Once the relationship is filled in, the player chooses Check Answer.
- 7 out of 10 challenges must be successfully completed to advance to the next level.

Level Descriptions:

1. A circle, box and triangle are presented for comparison. The player clicks on the appropriate buttons to fill in the sentence about the relationship between the shapes. They have 9 seconds to answer.
2. Spatial patterns appear for 3 seconds. The player chooses the pattern that is different from all the

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- rest. If all are the same, choose *ALL THE SAME* button.
3. Same as level 1 except that the circle, triangle and box are displayed for 3 seconds and the answer cannot be chosen until they disappear. They have 7 seconds to answer.
  4. A pattern with a question is displayed for 4 seconds. The player answers the question by choosing the pattern on the bottom row that answers it.
  5. Same as level 4 except that the pattern that will be rotated is displayed for 3 seconds and the question is read by the computer.
  6. Same as level 1 except that the image is displayed for 1 second. They have 5 seconds to answer.
  7. Same as level 5, except the pattern is displayed for 3 seconds and no text is displayed.

### CROCODILE RECOLLECTIONS



*Exercise Explanation: Have you ever glanced at something and then wondered if you saw what you thought you saw? Would you like to remember more of what you see? Crocodile Recollection works to help you remember what you see, even when you get just one look.*

The screen has two boxed areas. The computer flashes characters in the top box.

#### Playing this exercise:

- At each level, the player clicks 5 times on the "Click Here" button and then inputs the answer in the bottom box.
- The player enters what they saw according to the instructions for the level.

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- The player selects Check Answer.
- The player must get 7 out of 10 correct to move to the next level.

*Note: For tips on clicking to the beat, see the hints with Rhythm Ribbet on page 33.*

### Level Descriptions:

1. Three numbers are displayed for 0.8 seconds. The player enters the numbers in the order they appeared.
2. Four capital (upper case) letters are displayed for 1 second. The player types capital (upper case) letters in the order they appeared.
3. Three numbers are displayed for 0.5 seconds. The player enters the numbers in reverse order from what they appeared.
4. Four letters are displayed for 0.8 seconds. The player enters them in reverse order from what they appeared.
5. Four numbers are displayed for 0.8 seconds. The player enters the numbers in numerical order (lowest to highest).
6. A combination of numbers and letters are displayed for 0.5 seconds. The player enters the numbers in numerical order followed by the letters in alphabetical order.
7. Five letters are displayed for 0.8 seconds. The player enters the letters in alphabetical order.

### **HELPFUL TIPS FOR CROCODILE RECOLLECTION:**

- It sometimes helpful to repeat the letters or numbers out loud.
- Remember don't let the player write anything down while they are playing.

## IGUANA LOOKOUT

*Exercise Explanation:* Have you ever heard something like: "Please go upstairs to the back bedroom, go to the chest of drawers to the left, and get the green tablecloth from the bottom drawer. It will be under a tan one." Do you get all the steps right? Iguana Lookout helps you to understand directions and act on them.



Directional arrows, randomly pointing in directions corresponding to labeled buttons on the bottom of the screen, are displayed.

### Playing this exercise:

- The player clicks the appropriately labeled button to identify the direction that each arrow is pointing.
- The corresponding direction is automatically displayed in the blank space under each arrow.
- The computer automatically moves left to right, top to bottom; the player does not have to click in the blank space to fill it in.

### Level Descriptions:

1. Two rows of arrows pointing left, right, up or down. There is a 42 second time limit to complete this level.
2. Same as level 1, except that there are 3 rows of arrows. There is a 42 second time limit to complete this level.
3. There are three rows of arrows that can point left, right, up, down, up left, up right, down left and down right. There is a 54 second time limit to complete this level.
4. Same as level 2 with the exception that the player must select UP when the arrow points down and DOWN when the arrow points up. There is a 42 second time limit to complete this level.

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5. Same as level 2 with 2 exceptions. (1) The time limit is now 48 seconds, and (2) the player is to click on the direction each arrow would be pointing if it were turned one fourth (quarter) turn clockwise.
6. Same as level 2 with two exceptions. (1) LEFT must be selected if the arrow points right and RIGHT must be selected if the arrow points left. (2) Also, the direction must be chosen on the beat. (Beats may be skipped as long as the button is clicked on a beat, not between.) There is a 42 second time limit.
7. The player selects, on the beat, the direction each arrow would be pointing if it were turned one fourth (quarter) turn counter clockwise. There is a 48 second time limit.

### JUMPING JAGUAR FLASH

*Exercise Explanation: How good are you are remembering license plates on cars? They have groups of numbers and letters. All around you are groups of numbers and letters. Jumping Jaguar Flash helps you remember those numbers and letters.*



This exercise consists of challenges which require comparing sets of characters.

#### Playing this exercise:

- The computer briefly displays three or more sets of characters in one or more rows.
- The player must choose the set that is different from all the rest.
- At each level the player must get 7 out of 10 challenges correct to move to the next level.

#### Level Descriptions:

1. Three boxes are displayed in one row. In each box three numbers are displayed for 0.8 seconds.

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2. Two rows of three boxes are displayed. In each box three lower case letters are displayed for 0.8 seconds.
3. Five boxes are displayed in one row. In each box, 5 upper case letters are displayed for 1.5 seconds.
4. Two rows of three boxes are displayed. In each box, 3 lower case letters are displayed for 1.5 seconds.
5. Two rows of four boxes are displayed. In each box, 4 upper case letters are displayed for one second.
6. Two rows of three boxes are displayed. In each box, 4 numbers are displayed for 1.0 second.
7. Two rows of four boxes are displayed. In each box, 4 upper case letters are displayed for 1.0 seconds.

### JUNGLE LABYRINTH

*Exercise Explanation: Are you good at doing mazes? To do a maze you have to decide where to go before you start. In Jungle Labyrinth you will be doing just that, and getting better as you go.*



These mazes increase in difficulty as levels increase. Players must complete each maze without backing up, touching the side or running over a line.

#### Playing this exercise:

- The player leads the llama through the maze by clicking the llama once, releasing the mouse button, and then leading the llama through the maze.
- Each level requires the completion of three mazes to advance.

#### Level Descriptions:

1. The player must complete the maze as presented.
2. A new maze is presented for the player to complete.

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3. Same as level 1 with a 2 minute time limit. If the player makes an error, 30 seconds are subtracted from the allotted time. The minimum allowed time is 60 seconds.
4. Same as level 1 with a 2 minute 30 second time limit. If the player makes an error, the time is reduced by 45 seconds. The minimum time allowed is 60 seconds.
5. A new maze is presented for the player to complete.
6. There are new things with each of the mazes. The second maze has walls that move. The third maze will limit what can be seen once the llama is activated. At this level the time limit is 3 minutes. If a player makes an error, 45 seconds are removed from the allotted time and the maze is presented again. The minimum time allowed is 45 seconds.
7. Each maze adds a level of challenge; the time limit is the same as in level 6. The first maze has walls that move. The second maze limits what you can see once the llama is activated. The third maze has both moving walls and a limited visibility.

|||-----|||  
||| **HELPFUL TIPS JUNGLE LABYRINTH:** |||

		As you move the llama through the maze, you may find that		
		you get to the edge of your mouse pad or bump up against		
		some object on your work surface. Just pick the mouse up		
		off the desk move it over and place it straight back down in		
		a new location.		

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## LLAMA LOGIC

Like Ancient Logic and Reasoning, this exercise is different from most of the rest of [BrainWare Safari](#). There are 21 levels to this exercise; not seven. Many of the levels have multiple parts to be answered. To be correct, an answer must have all of its parts correct. Due to the nature of the questions, the player has only two opportunities to provide a completely correct answer. If an answer is not completely correct (all parts correct) on the first attempt, the player is given a second opportunity to answer, but receives no indication as to what is incorrect. If the second attempt is also incorrect, the correct answer is shown and the player advances to the next level.



### Playing this exercise:

- Each challenge level begins with a written instruction.
- When the player has completed the puzzle, they select Check Answer.

### HELPFUL TIPS FOR LLAMA LOGIC:

- Resist the urge to do all levels at once
- One useful way to use this exercise is as a reward after passing one of the other exercises that is very challenging.
- This exercise is not timed. Don't rush through the answers. Take your time, stop and think about that the answer.

## MEMORY MOUNTAIN



*Exercise Explanation: Are you good at seeing things in your mind? Memory Mountain*

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*helps you learn to build pictures in your mind, and imagine what they would look like if they were changed.*

A grid is presented with a random pattern of X's and with various display durations.

### Playing this exercise:

- When the moves are completed, the player selects Check Answer.
- 7 out of 10 challenges need to be passed to complete a level.

### Level Descriptions:

1. A grid with 3 X's appears for 0.5 seconds. The player clicks 5 times to the beat on the "Click Here" button and selects the pattern on the grid as it was displayed.
2. A grid with 4 X's appears for 0.3 seconds. The player clicks 5 times to the beat on the "Click Here" button, selects the pattern on the grid as it was displayed.
3. A grid with 5 X's appears for 0.2 seconds. The player clicks 5 times to the beat on the "Click Here" button, and selects the pattern on the grid as it was displayed.
4. A grid with 2 X's appears for 0.5 seconds. The player clicks the pattern as if it were rotated clockwise (to the right)
5. A grid with 3 X's appears for 0.3 seconds. The player clicks the pattern as if it were rotated counterclockwise (to the left).
6. A grid with 4 X's appears for 0.5 seconds. The player clicks 5 times to the beat on the "Click Here" button, selects the pattern as if it were rotated clockwise (to the right).

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7. A grid with 4 X's appears for 0.3 seconds. The player clicks 5 times to the beat on the "Click Here" button, selects the pattern as if it were rotated counterclockwise (to the left).

*Note: For tips on clicking to the beat, see the hints with Rhythm Ribbet on page 33.*

### PARROTING COLORS

*Exercise Explanation: When you tell a story, do you sometimes tell what happened in the wrong order? Parrotting Colors will help you remember things that happen, in the right order.*



A grid is revealed with color squares that appear in a specific sequence.

Playing this exercise:

- When the displayed colors are completed, the player first clicks on the "Click Here" button
- Player selects the squares in sequence according to the level instructions.
- 7 out of 10 challenges must be completed to move to the next level.

*Note: For tips on clicking to the beat, see the hints with Rhythm Ribbet on page 33.*

Level Descriptions:

1. A grid is displayed with a two square sequence for 0.3 seconds. The player repeats the sequence after clicking on the "Click Here" button 5 times.
2. A grid is displayed with a three square sequence for 0.75 seconds. After clicking 5 times to the beat

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- on the "Click Here" button, the player clicks on the squares in sequence.
3. A three square sequence is displayed for 0.5 seconds. After clicking 5 times to the beat on the "Click Here" button, the player repeats the sequence.
  4. A four square sequence is displayed for 0.75 seconds. After clicking 5 times to the beat on the "Click Here" button, the player clicks on the squares in sequence.
  5. A five square sequence is displayed for 0.75 seconds. After clicking 5 times on the "Click Here" button, the player repeats the sequence.
  6. A five square sequence is displayed for 0.75 seconds. After clicking 5 times to the beat on the "Click Here" button to the beat, the player clicks on the squares in sequence.
  7. A six square sequence is displayed for 0.75 seconds. After clicking 5 times to the beat on the "Click Here" button, the player repeats the sequence.

### PIRANHA PASS

*Exercise Explanation:* Do you ever find it hard to pick the right distance and direction to get where you want to go? Piranha Pass will improve your skills.



This exercise involves getting a swimmer from one place to another without hitting any piranha or going off the screen.

#### Playing this exercise:

- The player must plan a route through a crowded area by specifying the directions and distances to move in order.

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- The directions are inputted on the keyboard. An example is shown on the screen.
- When the plan is completed, the swimmer is set in motion by clicking Check Answer.
- The swimmer follows the path inputted by the player.
- If the swimmer runs into a piranha, the player must revise the directions and distances and try again, until the swimmer successfully reaches the raft.

### Level Descriptions:

1. The unit edge scale is on. The distance between two marks on the scale is 50 units.
2. Same as level 1 with more obstacles.
3. No scale is displayed but distances remain the same.
4. Same as level 2 with a 60 second time limit.
5. Same as level 3 with a 60 second time limit.
6. Same as level 4.
7. Same as level 3 with a 45 second time limit.

### **HELPFUL TIPS FOR PIRANHA PASS:**

It is okay to "build" the path one distance at a time if the player is struggling with indicating them all in sequence start to finish.

### **RHYTHM RIBBET**



*Exercise Explanation: How are you at keeping a beat? Rhythm Ribbet improves your sense of timing and memory.*

Rhythm Ribbet involves matching the timing of auditory and/or visually driven rhythms, or clicking particular defined sequences on color boxes in a specific pattern according to the sound of a metronome.

Playing this exercise:

In each exercise the player is allowed three errors or less.

**HELPFUL TIPS FOR RHYTHM RIBBET:**

- We recommend using a mouse. Clicking to a beat is much more difficult on a touch pad.
- Think of the click to the beat at the same as tapping your foot to music.
- We recommend that you “get the rhythm” before you start clicking.
- Don’t forget to use Practice mode.
- If the player is struggling with the rhythm, it may be helpful to tap their shoulder, or on the desk to help.
- It may seem difficult, but clicking to the beat can be done, just take a deep breath and practice.
- If your player is struggling with hearing the metronome you can change the “instrument” in the Jungle Resort Settings.

Level Descriptions:

1. The player clicks for 20 seconds to the beat and visual pulse. The beat is set to 60 bpm (beats per minute).
2. The player clicks to the beat for 25 seconds with the visual cue removed. The metronome beat is set to 52 bpm.
3. Same as level 1, however the player clicks to the beat 20 times.
4. On the beat, the player clicks on the green box 2 times, followed by the yellow box 3 times. The player continues this pattern for 30 seconds. The metronome is set to 60 bpm.
5. On the beat, the player clicks on red box 2 times, the blue box 3 times, and the green box 1 time.

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- The player repeats this pattern for 36 seconds.  
The beat is 52 bpm.
6. On the beat, the player clicks on the red box two times, the blue box 3 times and the green box 1 time. The player repeats this pattern for exactly 28 beats.
  7. The player clicks to the beat 32 times. There is only a 52 bpm visual pulse. Audio and visual distractions will occur.

### SKY SCANNING

*Exercise Explanation: Have you ever gone into a room to find something and not found it, even when you knew it was there? Sky Scanning increases how much you can see and remember at once.*



#### Playing this exercise:

- For each level, randomly generated images with numbers and/or letters will be displayed.
- Player must choose the numbers according to the level instructions.
- The player must succeed in 7 out of 10 challenges to proceed to the next level.

#### Level Descriptions:

1. The player listens to three numbers and then selects them on the screen, in the order spoken.
2. The player listens to three numbers and then selects them on the screen, in reverse order spoken.
3. The player listens to four numbers and then selects them on the screen, in numerical order.
4. The player listens to four number-letter combinations and then selects the combinations in reverse order spoken.

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5. The player listens to four number-letter combinations and then selects the letters in alphabetical order followed by the numbers in numerical order.
6. The player listens to four number-letter combinations, and then inputs the numbers in the order spoken, then the letters in the order spoken.
7. The player listens to three double letters, and then clicks on the double letters in the order spoken.

### HELPFUL TIPS FOR SKY SCANNING:

- It may help to change the gender of the voice. (See page 16).
- Headphones may help if the player is struggling with distinguishing the sounds.
- It is helpful to repeat the letters or numbers out loud.
- Remember don't let the player write anything down while performing the tasks.
- If the player is struggling, suggest that they try doing sky scanning first in their session when their brain is less tired.

### SLITHERING SYMBOLS

*Exercise Explanation:* Creative people are good at putting things in different order to form something new. Slithering Symbols improves how well you rearrange what you see, without writing it down.



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The screen and operation of this exercise is similar to the one in Crocodile Recollection. A series of characters will be displayed on the screen using one of two approaches. Either they will be revealed and erased one at a time, or the

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characters will be revealed one at a time, with the whole sequence erased at once.

### Playing this exercise:

- In all levels, the player must click to the beat 5 times on the "Click Here button", before answering.
- The player must select Check Answer when they have completed the challenge
- 7 out of 10 are needed to be correct to move to the next level.

*Note: For tips on clicking to the beat, see the hints with Rhythm Ribbet on page 33.*

### Level Descriptions:

1. Three numbers are revealed consecutively, and then all are erased as a group. They are displayed for 0.5 seconds. The player enters the numbers in numerical order.
2. Three capital (upper case) letters are revealed and erased consecutively. The player enters the upper case letters in alphabetical order.
3. Four letters are revealed and erased consecutively. They are displayed for 0.5 seconds. The player enters the letters in reverse order.
4. Four capital (upper case) letters are revealed consecutively, then all erased as a group. They are displayed for 0.5 seconds. The player enters the letters in alphabetical order.
5. Four numbers are revealed and erased consecutively. They are displayed for 0.5 seconds. The player enters them in the numerical order.
6. Five numbers are revealed consecutively then all erased as a group. They are displayed for 0.3 seconds. The player enters the numbers in the numerical order.

7. Four letters are each revealed and erased consecutively. They are displayed for 0.5 seconds. The player enters the letters in the alphabetical order.



### TREE TIC TAC TOE

*Exercise Explanation: How well do you remember things that happen? Tree Tic Tac Toe improves how well you remember a series of events, and then arrange them in your mind.*

*Note to coach: If the player is unfamiliar with the game of tic tac toe, be sure that they understand how to play before beginning to play this exercise. If a player selects a square that is already taken, they lose the challenge. It may be helpful to play on paper first for those to whom tic tac toe is unfamiliar.*

#### Playing this exercise:

- For each challenge, at least one tic tac toe grid will appear on the screen.
- The player (X) plays against the computer (O) alternating first play on each successive challenge.
- The computer's play choices automatically appear.
- A player must win or tie 6 out of 10 times to successfully complete a level.

#### Level Descriptions:

1. Only one grid. Players click directly on the grid to play tic tac toe against the computer.
2. One grid and labeled buttons appear on the screen. Players make their tic tac toe selections by clicking on the button to fill in the grid. There is a 20 second time limit.

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3. A grid appears displaying numbers 1-9 filling the spaces. The numbers disappear after 6 seconds. The player plays by entering the corresponding numbers to the desired grid location. There is a 10 second time limit.
4. Three grids appear on the screen. The challenge will be scored exactly as if the grids were on top of each other. The first is played on grid 1, the second on grid 2, the third on grid 3, the fourth returns to grid 1, etc. If a space is filled on one grid, that same location is filled on all of the grids. There is a 10 second time limit.
5. This is similar to level 2 in operation with two grids. This time, the mark in the space disappears after 3 seconds and the player fills the spaces using the buttons at the bottom of the screen. There is a 15 second time limit.
6. Same process as level 5, but with 3 grids. There is a 10 second time limit.
7. Same process as level 1, except that the spaces selected by computer or player display the O or X for 1 second. The spaces remained filled but invisible. There is a 15 second time limit.

### TURTLE RECALL

*Exercise Explanation: Symbols are everywhere. Remembering what a symbol means is very important. Turtle Recall helps you get better at using and remembering symbols.*



This exercise is different from the others because it requires the player to enter the exercise, memorize some information and then return at least 12 hours later.

Playing this exercise:

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- The first time at a level, the player memorizes shapes corresponding to different numbers.
- The player is not allowed to play the exercise for at least 12 hours after seeing the shapes and numbers for the level.
- When they return to the exercise, the player has to identify the number that corresponds to each shape.
- As each level has been completed, the player receives a new symbol-number relationship to learn, then exits the exercise until the next day.

### HELPFUL TIPS FOR TURTLE RECALL:

- Don't let the player write down the symbols and the related numbers.
- It may be helpful for the player to repeat the symbols and related numbers several times during the day to help commit to long term memory.
- If the player forgets what the relationships are, trial and error will help them learn them again and will also reinforce them in long term memory.

### Level Descriptions:

1. Three shapes and associated numbers.
2. Four shapes and associated numbers are displayed for 5 seconds. The level must be completed in 40 seconds.
3. Five shapes and associated numbers are displayed for 5 seconds. The level must be completed in 40 seconds.
4. Six shapes and associated numbers are displayed for 5 seconds. The level must be completed in 30 seconds.
5. Seven shapes and associated numbers are displayed for 5 seconds. The level must be completed in 45 seconds.
6. Eight shapes and associated numbers are displayed for 5 seconds. The level must be completed in 45 seconds.

7. Nine shapes and associated numbers are displayed for 5 seconds. The level must be completed in 40 seconds.

### **VOLCANIC PATTERNS**

*Exercise Explanation: How are you at finding patterns? Volcanic Patterns helps you get better at remembering simple and complex patterns.*



A grid of specific dimensions and color combinations is flashed on the screen for a specific period of time.

#### Playing this exercise:

- After the grid disappears, four grids are displayed, one of which matches the original.
- The player selects the matching grid, after clicking five times on the "Click Here" button
- The player must get 7 out of 10 to pass the level.

*Note: For tips on clicking to the beat, see the hints with Rhythm Ribbet on page 33.*

#### Level Descriptions:

1. The grid is two colors in a 2 by 3 square that is displayed for 1.5 seconds.
2. The grid is two colors in a 3 by 3 square that is displayed for 1 second.
3. The grid is three colors in a 2 by 5 square that is displayed for 1 second.
4. The grid is three colors in a 3 by 5 square displayed for 1.5 seconds
5. The grid is four colors in a 3 by 5 square displayed for 1.5 seconds.
6. The grid is three colors in a 4 by 5 square displayed for 1.5 seconds. The colors are harder to discriminate in this level.

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7. The grid is four colors in a 4 by 5 square displayed for 1.5 seconds. The colors are harder to discriminate in this level.

### WEB WEAVING



*Exercise Explanation:* After you leave school, can you remember what your friend was wearing? After some time has gone by, sometimes it is hard to think of the details of things you have seen. Web Weaving helps you remember what you saw earlier.

A pattern of dots with lines connecting some of the dots is displayed on the left side of the screen.

#### Playing this exercise:

- On some of the levels, the player will need to click 5 times to the beat first.
- The player reproduces the pattern on the right side of the screen by clicking pairs of dots to connect them.
- A line is drawn by clicking on the dots that make up the line. The dot will turn blue when it has been selected.
- The arrow that is located at the top of the spider is what is used to click on the dots to draw the line.
- The erase button lets the player start over.
- When the player has reproduced the pattern, they click on Check Answer.
- 7 out of 10 challenges must be successfully completed to advance to the next level.



#### Level Descriptions:

1. The pattern on the left is displayed. The player reproduces the pattern on the right.

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2. Same as level 1, except the pattern on the left is displayed for 3 seconds. The player must wait until the pattern disappears to respond.
3. Same as level 2.
4. A pattern is displayed on the left for 2 seconds. The player must click 5 times on the "Click Here" button then create the same pattern on the right.
5. A more complicated pattern is displayed for 5 seconds.
6. A pattern is displayed for 4 seconds. The player must click 5 times on the "Click Here" button then create the same pattern on the right.
7. Same as level 6, except the pattern is displayed for 3 seconds.

*Note: For tips on clicking to the beat, see the hints with Rhythm Ribbet on page 33.*

### WHISPERING WATERFALL

*Exercise Explanation: Have you ever been told a list of things, but later you could only remember part of the list? Whispering Waterfall will help you remember lists of items.*



Whispering Waterfall plays audio files of spoken letters, numbers, or words.

Playing this exercise:

- This exercise requires the player to achieve 7 out of 10 challenges to pass a level.
- When the player has completed a challenge, they click on **Check Answer**.

*There are two word lists available in BrainWare Safari-- one for younger, less experienced readers (easier word list) and one for more advanced readers (standard word list). This*

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*word list setting may be changed in the Jungle Resort under the Safari Settings.*

*Note: For tips on clicking to the beat, see page the Tips for Rhythm Ribbet on page 33.*

### **HELPFUL TIPS FOR WHISPERING WATERFALL:**

- It may help to change the gender of the voice. (See page 16).
- Headphones may help if the player is struggling with distinguishing the sounds.
- It is helpful to repeat the letters or numbers out loud.
- Remember don't let the player write anything down while performing the tasks.
- If the player is struggling, suggest that they try doing Whispering Waterfall first in their session when their brain is less tired.

### Level Descriptions:

1. Three letters are spoken. The player clicks five times to the beat on the "Click Here" button, clicks into the text area and enters the letters in the order they were spoken.
2. Three words are spoken. The player clicks 5 times to the beat on the "Click Here" button, and then selects the correct words from the word list in the order spoken.
3. Three words are spoken. The player clicks 5 times on the "Click Here" button (no specified beat), and then clicks on the correct words from the word list in the order spoken.
4. Number and letter combinations are spoken. The player clicks 5 times to the beat on the "Click

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Here" button, followed by the spoken letters in alphabetical order then the numbers in numerical order.

5. Three words are spoken. The player clicks 5 times, to the beat, on the "Click Here" button followed by selecting the spoken words in reverse order.
6. Four words are spoken. The player enters the numbers 0 4 2 8 6 followed by selecting the words in the order spoken.
7. Number and Letter combinations are spoken. The player enters 5 3 4 1 2 followed by the letters and the numbers in reverse order.

## Changes to Look for as the Player Improves

When cognitive skills are being developed, individuals often exhibit behavioral changes which can be observed by those around them. We have designed a Behavioral Rating Scale that will help you see the changes for yourself. In the paper form, it should have been included with your CD – one for each player. It is also available online at: [www.MyBrainWare.com/ratings](http://www.MyBrainWare.com/ratings).

If you want to follow your player's progress, simply fill out the survey before they start. Have them use BrainWare for the recommended three to five times a week for 12 weeks (3 months). Then do the survey again and compare the results.

Note that the impact of cognitive skill development and the specific changes observed will vary by individual. Some changes, such as improved grades, may occur over an extended period of time, as an individual's knowledge acquisition accelerates.

A short list of changes that Clinicians and Educators suggest looking for:

- Improved attention span and focus
- Less Distractibility
- Less frustration with difficult tasks
- Faster recall of information
- Increased attention to detail
- Improved ability to follow directions
- Better reading comprehension
- Increased productivity
- Better communication with parents, peers & teachers

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You can find out more on our website and download a chart that shows the skills developed in each exercise. Just go to [www.MyBrainWare.com](http://www.MyBrainWare.com).

Another helpful tool is the BrainWare Safari Journal which is also included in your purchase or can be purchased online by calling us at 877-Brain-10 (877-272-4610). The Journal is designed let both the user and the coach reflect on progress in the program and the growth process.

### Need Assistance?

If you have questions or need assistance, please contact us.

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