

Did You Know That Reading Actually Changes Your Brain?



We know that reading is good for your brain. We know it gives you a bigger imagination. That's not all. Did you know that reading actually changes your brain? Reading even helps you after you stop reading. Reading sounds like a some kind of superhero!

Dr. Gregory Berns and his research team at Emory University did an experiment. They wanted to see how reading books changes our brains.

21 university students read a novel for nine nights. Every morning, the students' brains were scanned using an MRI machine. Their brains were also scanned for five nights after they finished the novel.

The researchers found that the students' brains were more connected on mornings after they read a book. The researchers also found that the students' brains stayed more connected for the five days after they finished the novel.

The part of the brain that controls language was faster and stronger.

The part of the brain that controls emotions was faster and stronger.

The part of the brain that controls body movement was also, you guessed it, faster and stronger.

The research team doesn't know how long these changes last. But they do know for sure that reading makes your brain faster and stronger - for a few days.

So let's keep our brains strong and active! Let's read every day. You can read a book, read a newspaper or read a magazine. You can read Jellybean Scoop!

Hey, you're reading Jellybean Scoop right now - you're making your brain stronger. Well done!