



# Brain Exercise - Colour

Quickly read out loud the following  
saying the **colour** not the word

RED

BLUE

YELLOW

GREEN

RED

BLACK

BLUE

PURPLE

RED

BLUE

GREEN

YELLOW

WHITE

BLUE

ORANGE

What's going on?

Part of the brain is being used to process the semantic language and another part colour recognition. Yet another part then has to decide which of the two to pay attention to.

