

# Training Our Brains

Grade 9 | Unit 1 | Lesson 1

Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Word of the Day

# Neuroplasticity (Noun)

The ability of the brain to form and reorganize synaptic connections, especially in response to learning or experience or following an injury.

Describe what the meaning of “neuroplasticity” is in your own words.

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