Handwriting gives the brain a workout.

You're more likely to recall words written down on paper versus typed on a keyboard.

Handwriting strengthens 100 trillion neural connections, making it easier for your brain to send and receive information.

94% of all teachers encourage students to write by hand because it boosts active thinking and the ability to see the big picture.

Students that take notes by hand understand the material better than students that take notes on a laptop.

Unlike typing, handwriting activates large areas of the brain.

Paperbecause

Skills strengthened:
- Retrieving letters from memory
- Reproducing letters on paper
- Spelling accurately
- Extracting meaning from text or lecture
- Interpreting the context of words and phrases

Work out your brain by handwriting and become a sharper, faster, and stronger thinker.

After 4 weeks of practicing writing, preschoolers showed brain activity comparable to adults.
Handwriting Gives the Brain a Workout

Sources:

1. http://pro.sagepub.com/content/53/22/1744.abstract
4. http://pss.sagepub.com/content/early/2014/04/22/0956797614524581.abstract