



We Train The Brain™



(Post Office Training Guide)

Brain Power Direct, Inc.

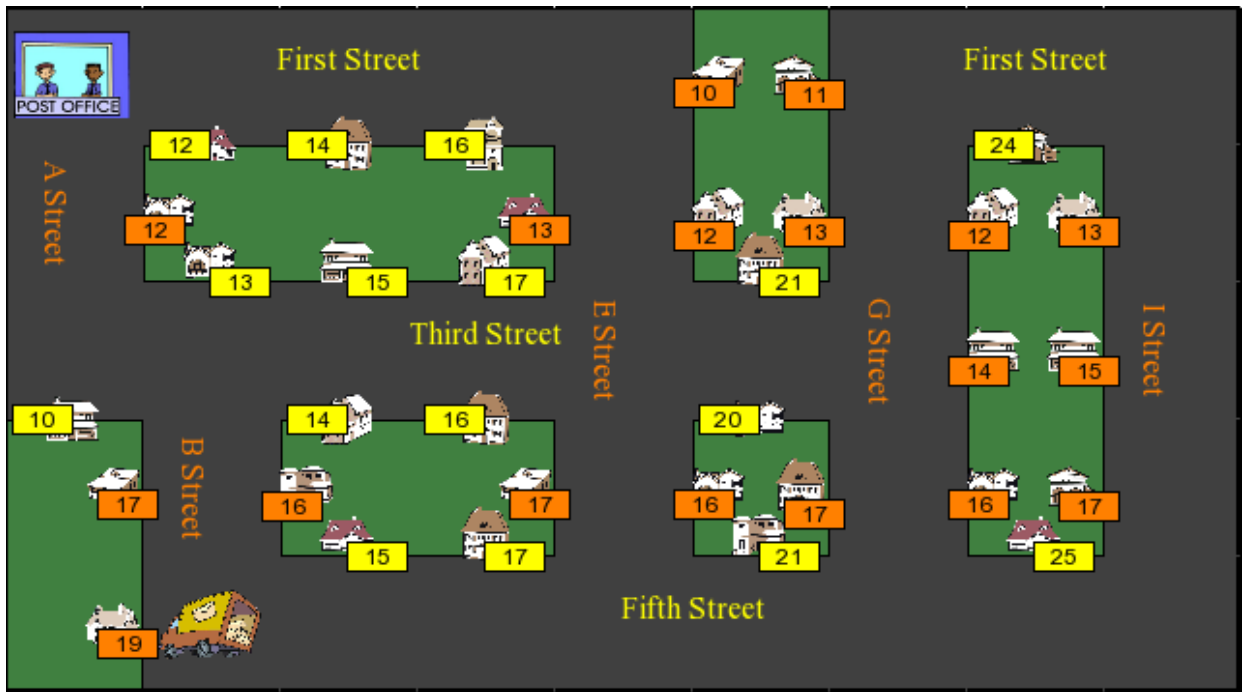
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□ Post Office

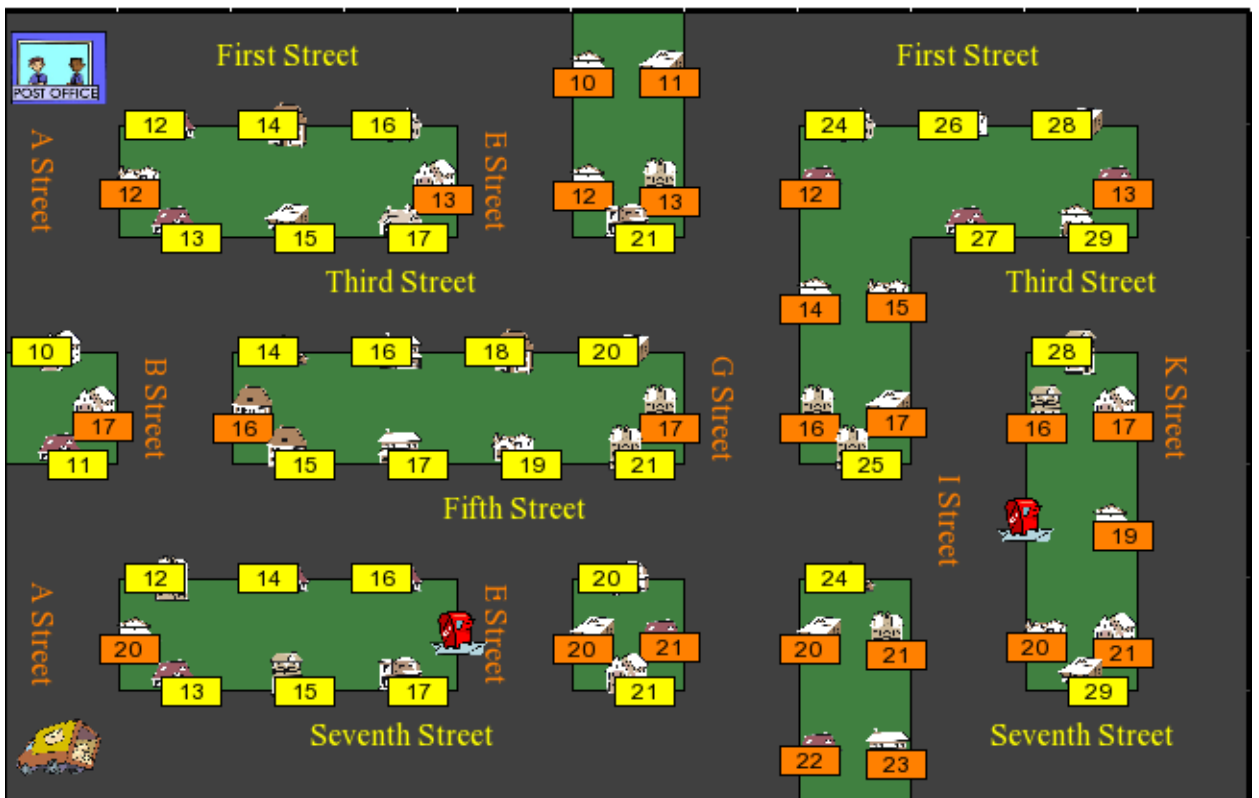
This task develops Planning and Organization Skills. The Patient must deliver mail to specified addresses on a map and, when directed, pick up mail from one or more mailboxes. Some levels require that the Patient find the shortest route to deliver mail, sometimes within a time limit. Further the Patient may not move backwards or retrace their path. Further, once a level has been started, the Patient should first study the addresses to be delivered to and plan a route before moving the mail truck. Note that the addresses are not listed in the order of delivery.

The Post Office maps can be downloaded from the Reference Materials page at the Bring Power website. ***Before attempting any level of this task, the Patient should study the map on the screen or from the handout, so as to become familiar with the system used for the street names and numbering.*** Post Office is not meant to be a task requiring rapid visual scanning and search skills. Instead, it is supposed to develop planning, organization and sequencing skills. The object is to reorder the addresses and plan the most efficient route. Therefore, memorizing the layout of the maps is important. After studying a map, it would be beneficial for the trainer to look at the map and call out different addresses, and have the patient estimate where the address would be located (i.e. upper right quadrant or lower left quadrant, etc.). Once the patient is familiar enough with the map that they are able to reasonably predict where an address is located, then they should begin training with Post Office.

Levels 1-3



Levels 4-10



Levels 11-18

