

# FORBRAIN<sup>®</sup>

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## EDUCATIONAL GUIDE



## INTRODUCTION TO FORBRAIN®

Forbrain helps you or your child improve speech, attention, memory, and develop other learning and communication skills by using the voice.



Please scan the QR code to download the brochure in the following languages:  
Français, Español, Polski, Deutsch, 한국어, 日本語, 中文版, русский, Türkçe



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## SUGGESTIONS OF USE

With Forbrain all you have to do is read aloud. We provide some exercises, and you can feel free to invent your own exercises as well.

### For Me



**Musicality:** Sing aloud while reading a text

**Rhythm:** Read a poem while taking a breath at the end of each line

**Flow:** Read a text while taking a breath every 3 or 4 words irrespective of meaning or punctuation

**Diction:** Read a text while exaggerating sounds as if you were giving a speech to a crowd

**Accentuation:** Read a text while changing the volume of your voice every 5 seconds from soft to loud and vice versa

**Memorization:** Read a text aloud and repeat it immediately without looking

**Dialogue:** Read a comic book or a dialogue and give each character a unique voice

### For A Child



**Accompanying:** Read the text slowly along with the child without pausing for their mistakes or hesitations

**Echo:** Overlay your voice on the child's, who reads with about a one-second lag to slow down or speed up their speech rate

**Memorization:** Read a group of words, sentence, or line of poetry that the child can then repeat immediately without reading

**Dialogue:** Read a comic book or dialogue alternating characters with the child and accentuating differences in voices

**Invention:** Create a story with the child from images or figurines and take turns inventing dialogue



# OPTIMAL POSTURE

## FOR ADULTS

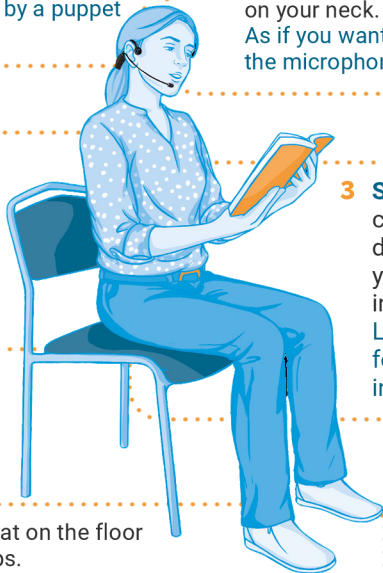
**5 Head:** Your head rests naturally and relaxed on the top of your spine. As if you were suspended by a puppet wire!


**4 Lips:** Round your lips and extend forward without pulling on your neck.  
As if you wanted to touch the microphone with your lips.

**2 Back:** Sit up straight without over-stooping or arching your lower back.  
As if you had the tail of a kangaroo and were sitting on it!

**3 Stomach:** Breathe calmly using your diaphragm, letting your stomach move in and out gently.  
Like the back-and-forth motion of waves in the sea!

**1 Feet:** Place your feet flat on the floor at the width of your hips.  
As if rooted to the ground!



 **Tip:** You can also use Forbrain while standing or walking, especially when you want to memorize a text. Remember to relax your posture from time to time.



## OPTIMAL POSTURE

### FOR YOUNGER USERS

A child may imagine they are a tree: the feet are roots going into the ground, the back is the trunk that rises up straight, and the head is the foliage. Mime the rain sprinkling down to make the child grow, grow, grow...



## INTRODUCING FORBRAIN TO CHILDREN



Forbrain is willingly accepted by children. It looks cool, and they feel like a rock star on stage, or even like a pilot in the control room!

Here are some tips that have been shared by parents and therapists:

1. Introduce Forbrain by showing the child how you would wear it, and explaining how you would place it on your head.
2. Turn on Forbrain and let them hold it in their hands so they can feel and experiment with the vibration of bone conduction.
3. Let them try to put it on by themselves and make sure you have a mirror handy so that the child can see themselves; they always think they look cool!
4. If you feel your child is rejecting Forbrain, you can place the child's favorite toy or object in their hands as a distraction and you can fit Forbrain on their head yourself.
5. To manage the sound level, keep the microphone far from the mouth at first and gradually bring it closer.



In case your child still refuses to wear it, try wearing it yourself for a while, so that they'll feel more comfortable, and it might ignite their curiosity!



## PROTOCOL & PROGRAM SUGGESTIONS

Forbrain is a brain training tool that can be used daily according to the user's needs. We recommend daily use for 6 to 8 weeks and then a break of

one month before repeating it. We recommend the following protocol that can be reasonably adapted to your or your child's sensitivity. You should not use it for more than one hour at a time, and please take a break halfway through.

### Early Age: Age 3-6 years



Propose activities with Forbrain that favor , communication, interaction, and language development such as flash cards, role playing, board games, and singing.

### Schoolchildren: Age 6-9 years



While using Forbrain, read course books and comics aloud; both are great activities that can be done alone or with parents.

### Teenagers: Age 9-18 years



Study course material and complete homework while using Forbrain. You can use Forbrain for 20 minutes, twice a day, with a break in between each session.

### University Students:



Prepare for your examinations, study your course material, practice a foreign language, debate, or sing while using Forbrain. For intensive training, you can use Forbrain for 20 minutes, use, you can use Forbrain for 3 times a day with a break in between each session.

### Professionals:



Use Forbrain to practice sight reading, work on pronunciation, diction, and timbre before an audition, presentation, or a job interview. For intensive 20 minutes, 3 times a day with a break in between each session.

### Seniors:



Use Forbrain while reading a book or a newspaper aloud. Recite a poem or speak with your family and friends as well! For intensive use, you can use Forbrain for 20 minutes, 3 times a day with a break in between each session.

### Use with Therapists:

You can use Forbrain during therapeutic sessions and at home, between sessions.

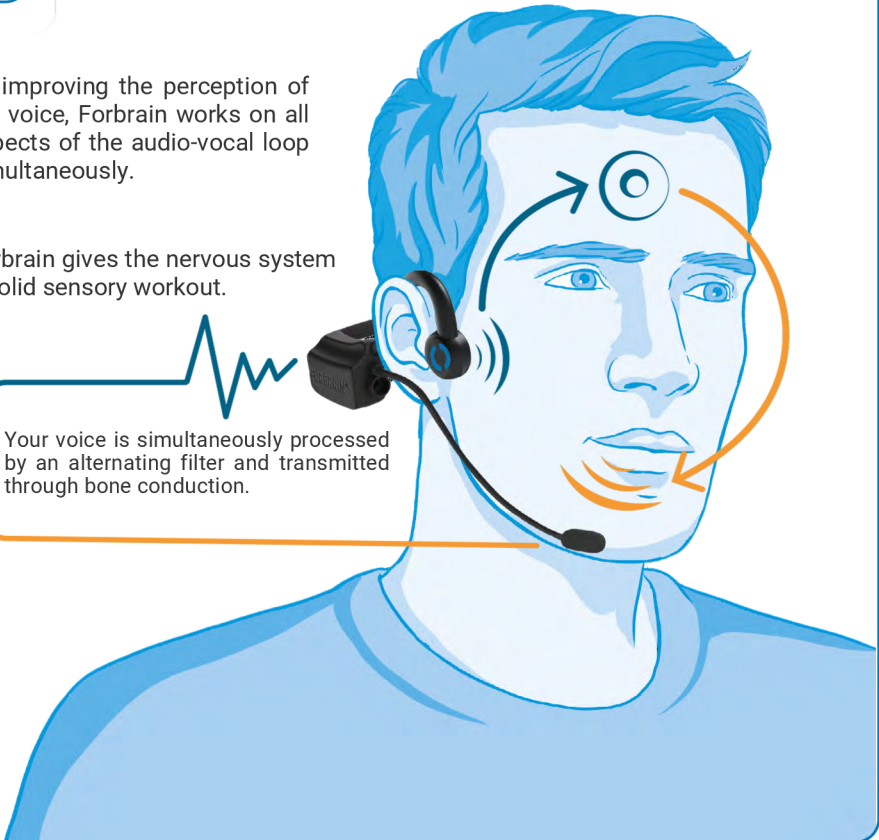
## AUDIO-VOCAL LOOP



By improving the perception of the voice, Forbrain works on all aspects of the audio-vocal loop simultaneously.

Forbrain gives the nervous system a solid sensory workout.

Your voice is simultaneously processed by an alternating filter and transmitted through bone conduction.







## GETTING STARTED

Turn on the device by pressing the ON/OFF button.



Place the hoop behind your head, above your neck.



Place the headphones on the bone in front of the ears.



Adjust the microphone to be 3 cm (1.2") from the mouth, slightly to the right.



The microphone's default volume settings are for optimal use and we recommend not changing this setting. **Only change the volume if your hearing is very poor or hypersensitive.** Press OFF to reset the volume to default settings.



To use Forbrain, speak normally into the microphone.

Don't speak too loudly, nor too quietly; just as you would talk to another person.



## OPTIONAL COMPLEMENTARY FEATURES

### Connecting additional microphone:

Use the additional microphone to practice with the support of a parent or professional. The additional mic should be held in the hand at a distance of 5 cm (2") from the mouth. The voice of the instructor will be processed as well.



Using Forbrain with the support of a parent or a professional:

Using FORBRAIN DUO or connecting the secondary microphone enhances interaction and fosters connection between the Forbrain user and the instructor. The instructor can be a parent, a teacher, a therapist, or even a voice or singing coach. This setup can help the Forbrain user attend to the instructor's voice. This feature can be used in many ways and you can design your own best practices.

Here are some examples of how to use FORBRAIN DUO or the secondary mic.

### With Therapists

Using FORBRAIN DUO or connecting the secondary mic stimulates the listener's system even if they are non-verbal or unwilling to speak at first. Therapists can use the second headset to establish a better connection with the user and help them acclimate to the sensations of both bone conduction and the filter.

The therapist can also propose diction and repetition exercises or use the connection as a way to better interact and engage in communication with the listener.

### Connecting FORBRAIN DUO:

Pairing one Forbrain with another allows learners to practice with the support of a parent or professional.





#### With Parents and Teachers:

Parents and teachers can help children with their homework as this setup helps keep the focus on the dialogue. They can also assist with reading and pronunciation tasks, encouraging dialogue.

#### With a Voice or Singing Coach:

A singing teacher or a voice coach can speak or sing in tandem with the client and/or ask them to repeat.

#### Why Choose the FORBRAIN DUO?

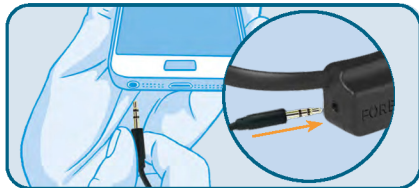
Traditional setups with a secondary microphone often result in inconsistent sound quality and require the tutor to hold a moving mic, disrupting the session.

The FORBRAIN DUO Pack eliminates these issues by providing synchronized, high-quality auditory feedback for both tutor and learner. It frees the tutor from holding the mic, enabling uninterrupted focus, and allows toggling feedback on or off for an optimized learning environment.

## CONNECT WITH A SOURCE OF SOUND

### Using Forbrain with an external source of sound:

Connect the Forbrain headphones to a source of sound to practice exercises or complete online sessions. Note that the source sound will be amplified, but not processed.



### Online Course Lessons:

- Connect Forbrain to your computer and you can follow your online courses and get the most out of Forbrain while you listen or speak.

### Recordings:

- You can connect Forbrain to your homemade recordings on your phone or computer. For example, use while studying for a course lesson or speech.
- Therapists, teachers, or parents can also prepare personalized audio content to practice at your own convenience (a list of words and expressions, lessons, etc.).
- You can also connect Forbrain with an app that is dedicated to help with pronunciation and expression (speech apps, foreign language apps, etc.).